

3K Race for 3K Meals



for



NCS is hosting a non-competitive fun run during the **NCS vs. Yuma Catholic home football game September 23, 2016**

Who is FMSC?

Founded in 1987, Feed My Starving Children is a Christian nonprofit that provides nutritionally complete meals for starving, malnourished and hungry people in nearly 70 countries. The prepackaged dry meals – costing less than a quarter each to make – are funded and assembled by donor-volunteers in the United States. Our in-country partners use the food to prevent starvation and curb malnourishment in children and families worldwide.

- The 3K race, which will begin and end on the football field during half-time, is open to Junior High age and older participants. Elementary students may participate if accompanied by an adult runner.
- Runners registration fees along with funds collected from spectators will benefit "Feed My Starving Children.
- At a cost of about 22¢ per meal, our goal is to provide nearly 3,000 meals.
- Whether you choose to race or watch, please come out and join us. Together we can cheer on a victory for both our NCS Crusaders and Feed My Starving Children!

**Sign up by September 16th
to participate!**

**Each runner will receive a
special commemorative
3K for 3K T-shirt**

(Registration form on back of flyer)

