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Join a 5K Run/1 Mile Fun Walk – First of the New Year

The A.C.F. Chefs of Las Vegas want to set a record and you can help. Make plans now to ring in the New Year with the largest chef's run ever done! The Chefs for Kids 5K Run/1 Mile Fun Walk is scheduled for Saturday, January 19, 2013. Each runner/walker receives a long-sleeved T-shirt, goodie bag and free pancake breakfast! There will also be a raffle. The start time is 9 a.m. at Wayne Bunker Family Park (7351 West Alexander Road, LV 89129).

Las Vegas Track Club (LVTC) will provide race bibs and computerized timing. Trophies will be awarded in the 5K for the top three overall male and female, plaques for the top three (50+) male and female, certificates for the top three male and female in each category. Age categories begin at 12 and under through 80+.

Participant fees are: adults, \$25 for 5K/\$20 for Fun Walk; children 12 and under \$20; and groups of 10 or more \$20 per runner. Race day fee is \$35. Online registration is available at www.active.com or you can mail checks payable to LVTC at P.O. Box 30134, LV 89173. Packet pick-up is available at The Red Rock Running Company (7350 W. Cheyenne Ave., 89129) from 10 a.m. to 6 p.m. on Friday, January 18 or on race day from 8-8:45 a.m.

For more information or sponsorship opportunities, please contact Chef Patrick Simon at 702-632-3777.

Fifty percent of the registration goes to Chefs for Kids, Inc. (CFK). Chefs for Kids is a 501(c)3 joint venture of the American Culinary Federation Chefs of Las Vegas and University of Nevada Cooperative Extension. The CFK program works to eliminate malnutrition and hunger in children through education and awareness. Chefs teamed up with nutrition educators who developed nutrition curricula for first and second grade children. The curricula use age-appropriate techniques and bilingual materials, providing students with the essential knowledge necessary to adopt healthful eating habits. Educators teach students how to choose healthy foods, develop active lifestyles and use good food safety skills, such as proper hand-washing. Educators also reach out to the families of the children through the use of monthly wellness calendars, informational parent letters and attendance at Parent Night activities at the schools. The Chefs for Kids program has reached more than 42,200 students in its 21 year history.

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