

JFS Friends Run Friends Run is Mother's Day, Sunday, May 10

1 Mile - 5K - 10K - Kids' Zone - Moms' Zone

Registration is now open for this great community event that entertains the entire family and raises awareness of Jewish Family Services. We have some exciting new additions to our 5th annual Mother's Day event. Headed by co-chairs Karen Knoble and Karen Spiegler, this year's Friends Run committee came ready with great ideas and tons of energy.

New for 2015: We added a 10k for more avid runners.

* Have you always wanted to be a runner, but have not found the right group or motivation you need? Train with the J to run the K. Join the Levine Jewish Community Center Cardio Run Class every Tuesday at 8:15 AM with Personal Trainer and long-time runner and coach Jennifer Gomsak.

* The LJCC is also having a Group Run on April 26 at 9:30 AM to get ready for the Friends Run.

* Go to www.charlottejcc.org to view the training programs for the 5K and 10K.

* The J will also have pre-race stretching at 7:45 on race day.

Plus we've added a Moms' Zone. Moms are the stars in this zone, so treat her to "momosas," massages compliments of the JCC and Carolina Sports Clinics and more.

Plus:
* Pizza from Brixx
* Snow cones from Maid



Friends Run co-chairs, Karen Spiegler and Karen Knoble.

Brigade

* Samples from Isagenix and It Works!

* Yummies from Sweet Girl Cookies, Zone 7, and Sabra Dipping Company

* King of Pops popsicles

Back for another year:

* Bring out the entire family and let the kids play in our Kids Zone before and after the race. Featuring bouncy houses, face painting, free Brixx pizza, and entertainment for all ages.

* Fun activities from Carolina Classic Remodeling

* Don't forget babysitting is available. The Levine JCC invites members and non-members to make a reservation by May 3 (call 704-366-5007; \$4.50/hour).

Traditionally Mother's Day is a time when families spend the day together. The JFS Mother's Day Friends Run is the perfect activity for a family outing where all ages can participate. The chip-timed 5k and 10k involve scenic and challenging routes through South Charlotte's Lansdowne community, while the 1-mile event gives each member of the family the opportunity to participate.

Whether you walk, run, stroll, cheer, or volunteer, when you participate in the Mother's Day Friends Run you're helping someone who needs therapy, food, financial assistance or companionship. Make Mother's Day a memorable and meaningful day by registering today at www.FRIENDSRUN.com.

Thank you to sponsors of our 5th annual Friends Run (as of March 9):

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In Kind Sponsors: Carolina Sports Clinic, Sabra Dipping Co, Zone 7 Foods/Emily Hood Russell ☆



Friends Run Committee at the Purim Carnival.

Continue the story...

Shalom Park is a unique and beautiful place, where Jewish friendships flourish. We are grateful to those families, who pooled their resources to create our Park over 30 years ago.

Today, the Park's ongoing care is in your hands. You can help maintain Shalom Park for future generations by making a legacy gift. Please join us in expressing our deep appreciation to our legacy donors:

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The mission of the Foundation of Shalom Park is to manage the facilities and resources of Shalom Park on behalf of the community. For more information about how to make a legacy gift to the Foundation of Shalom Park without impacting your current finances, please contact H. Kevin Levine, Executive Director, Foundation of Shalom Park, 704.944.6840 or hklevine@shalomcharlotte.org.

