

eat well • play outdoors • have fun



**San Juan Students and Families  
Invited to Race the Veggies . . .**

**Sunday • May 23 • 8:30am  
Hagan Park • Rancho Cordova**

Presented by the Northern California Youth Running Foundation  
Kaiser Permanente • Sacramento Natural Foods Co-op • News 10



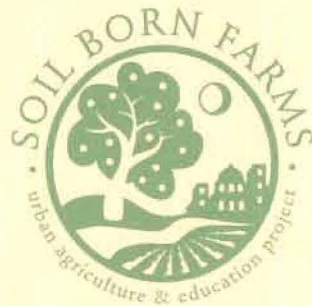
register early at

**WWW.VEGGIECHASE.COM**

- Kids, Teens, Adults and Beginners Welcome (check out the website for details)
- 5k and 2k (1.24 Mile) Run/Walks and ½ Mile Big Kids' Boogie
- Shorter Kids' Runs: Pre-School Prance, Toddler Trot & Diaper Dash
- Lots of Fun, Awards & Healthy Food
- Kids Chase Giant Veggies for Fun and Prizes
- Local Farm Stand Selling Organic Vegetables & Fruit
- Plant Sale - Start Your Own Garden
- Health & Fitness Exhibits
- Cool Course Through Soil Born's American River Ranch & the Parkway

This is not a Program  
of the  
San Juan Unified  
School District.  
San Juan accepts no  
liability or  
responsibility for this  
program.

proceeds benefit



More Fun For the Whole Family Continues at  
**A Day on the Farm**  
**Learn, Eat & Celebrate!**

farm tours • cooking demos • workshops • kids' activities  
food • local arts & crafts • education tables • music & more!  
located next to Hagan Park • more info [www.soilborn.org](http://www.soilborn.org)

