

# **Press Release**

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Continuing a nine-year tradition of reaching out to the needy in our community, the *Winter Park Sunday Running Group* will be collecting food for The Second Harvest Food Bank. Last year's donors included the following:

Winter Park Sunday Running Group  
Orlando Runners Club  
Track Shack Marathonfest Marathon Training Groups  
Track Shack's Galloway Marathon Training Group  
Teresa Williams Sunday Running group  
The Winter Park Dawgs

The main collection effort will take place in Winter Park on Sunday, December 15<sup>th</sup>, beginning at 6:30 AM, prior to the Sunday Running Group's weekly 7:00 AM run (Park Avenue & Welbourne). All runners and walkers are encouraged to join us that morning to demonstrate our solidarity with the needy in our community. Participants also are invited to join the group for breakfast at Park Avenue Paneras afterwards

Here is a list of what Second Harvest most needs:

Meat in a can	Canned Vegetables
Nonfat Dry Milk	Canned Soup
Oatmeal	Pasta/Macaroni
Canned Meats/Poultry	Canned and dried Fruits
Evaporated Milk	Rice
Drinks	Beef
Canned Tuna	Stew
Nutritional Drinks	Baby Food
Dry Beans	