



WHISTLER COMMUNITY  
SERVICES SOCIETY  
*"A Helping Hand Toward A Healthy Community"*

**Food Bank**

**PRESENT**  
**2<sup>nd</sup> Annual FOODBANK 5KM FUN RUN/WALK**

**When: OCT. 23, 2010**  
**Time: 9AM**  
**Where: WHISTLER GOLF COURSE PARKING LOT**  
**Entry Fee: \$5 DONATION OR FOOD ITEMS**  
**Registration: Day of in the parking lot of Whistler Golf Course**

The Whistler Food Bank run by the Whistler Community Services Society, reports that it has been an especially busy summer as demands on the local food bank have increased dramatically. The Food Bank serves a wide range of Whistler locals from seasonal workers, long term residents and many families. Now moving into the shoulder season, the Food Bank is looking for increased food donations to the program that feeds locals in times of financial stress.

The Food Bank is open the 1st and 3rd Mondays of every month from 11-1pm. If you can't participate in the run but wish to donate you can drop off donations at Nesters, IGA, and Creekside Market and cash donations can be made by calling 604-932-0113. For more information on the Food Bank please visit our website at [www.mywcss.org](http://www.mywcss.org) or call 604-935-7717.

Much Needed Food Items:

Rice  
Peanut Butter  
Pasta  
Pasta Sauce  
Cereal  
Canned Vegetables  
Canned Fruit  
Kraft Dinner  
Instant Noodles  
Granola Bars  
Crackers  
Side Dishes

Non Food Items:

Shampoo  
Hair Conditioner  
Re-usable Bags  
Child's Wagon  
Re-usable bags  
Diapers

The FOODBANK 5KM FUN RUN/WALK will be held on Oct 23, 2010 at 9am.  
This event is a fundraiser for the Whistler Food Bank who is in need of our communities support.

2<sup>nd</sup> Annual C2SkyMultisport Food Bank Fun Run/Walk

The purpose of this run/walk is twofold- one is to help raise funds and awareness of our local food bank and its needs. The other is an opportunity for everyone in our community to come out and be active!! This could be the start of your Whistler Half Marathon Training!! Anything is Possible! The event is open to all levels of run/walkers and is stroller and wheelchair friendly!

Thank-you for taking the time to read the above information.

Any donation of time or money that you could give to this worthy cause would be greatly appreciated!

For more information please contact Christine or if you would like to volunteer!

THANKS FOR YOUR SUPPORT!

Sincerely,  
Christine Suter  
C2SkyMultisport  
P.O. Box 750, Whistler BC  
V0N 1B0  
604-932-0788  
christine@c2skymultisport.com

*I'm shooting for the highest star up there because if I miss I may land on the moon but if I only aim for the moon I may end up right where I started.  
David Brenner 13yrs*