

Yohan Blake to Lead Food For The Poor's 5K Walk/Run For Hunger

Jamaican Olympic medal winner Yohan Blake will lead Food For The Poor's 5K Walk/Run For Hunger on Saturday, Nov. 17, at 7 a.m. at Quiet Waters Park in Deerfield Beach, Fla.

Blake, nicknamed "The Beast," is the current world champion over 100 meters and a silver medalist at the 2012 Olympics in London in the 100 and 200 meters.

"It's really great that Food For The Poor is stepping up to help more people overcome poverty," said Blake, one of the world's youngest and fastest sprinters. "It is a cause that's near to my heart as a Jamaican, and I'm happy to be part of something so special, including giving back to my country."

Blake's participation in the charity's 5K Walk/Run is especially meaningful because both the athlete's and the nonprofit's legacies started in Spanish Town, Jamaica. Born in 1989, Blake has dedicated his life to the sport, and is currently tied as a second-fastest man in the 100 meter race after Usain Bolt. The two were part of the Jamaican 100 meter relay team that won the gold medal and broke a world record in the London Olympics. In 1982, the nonprofit started out as a small feeding program in Jamaica, and since then has grown exponentially to become the largest international relief organization in Jamaica and the United States.

"We are so honored to have a Jamaican national hero join us for this important and fun event," said Angel Aloma, Executive Director of Food For The Poor. "He has channeled his passion and enthusiasm so beautifully for the sport, and to serving the underprivileged. He is a true hero."

Proceeds from this year's 5K Walk/Run will raise money to purchase food to feed destitute families in the Caribbean and Latin America.

You can register online at www.foodforthe poor.org/walk. Cost of registration is \$20 for adults and \$15 for children ages 6-10. There's no fee for children 5 and under. The registration cost includes a T-shirt. There will be refreshments, live music, balloon artists, face painters and more at this family event.

This year, a generous donor has agreed to match every dollar raised with an additional dollar's worth of food. While on the website, take advantage of free fundraising tips designed to help you reach your fundraising goal by sharing your ideas with family, friends, co-workers and contacts.

Special awards will be given to top finishers of each age group. Food For The Poor will be using AccuChip to provide state-of-the-art timing and scoring. This service is used for running, triathlon, swimming, mud runs and biking events in Florida.

For more information, please call 954-596-4020 or send an email to events@foodforthe poor.org. You can also register the day of the event. Registration starts at 6:30 a.m., the run/walk begins at 7 a.m. and the awards ceremony is at 8 a.m.

There will be several opportunities to help and have fun before the run/walk.

- On Sunday, Oct. 28, plan to gather at Bru's Room in Coconut Creek to register for the run/walk and to watch the 1 p.m. kickoff of the Miami Dolphins v. New York Jets. Miami Dolphins' cheerleaders will distribute prizes to fans from the team's touchdown van at Bru's Room, 5460 W. Hillsboro Blvd., Coconut Creek, Fla.

- Winn-Dixie, the event's presenting sponsor, will host a wine sampling compliments of Barefoot Wine & Bubbly on Friday, Nov. 2 from 4 p.m. to 8 p.m. Invite your friends and teammates to stop by to learn more about the nonprofit, and win prizes at Winn-Dixie, 2450 N. Sr-7, Margate, Fla.

- Tickets to the Miami Dolphins v. Seattle Seahawks game on Sunday, Nov. 25, can be purchased for \$50. Fifty percent of the ticket sales through the nonprofit will be contributed to the run/walk's final donation tally. To order tickets, or to request additional information, please send an email to events@FoodForThePoor.com.

The 5K Walk/Run is presented by Winn Dixie. Event sponsors are Barefoot Wine & Bubbly, Corner Bakery Cafe, PNC, Runners Edge, TeamReliv, WATA, Wells Fargo, and World of Beer.

Yohan Blake limited edition commemorative WATA bottles will be distributed at the run/walk.