

Monday, August 2, 2010

[Join in the fun at the Kirkwood 5K Run/Walk/Push](#)

By Rachel H and Guest Blogger Lori Redding

We are thrilled to tell you about an exciting event in the Triad! On August 28th, 2010, we invite you to join the K5K Run/Walk/Push! It begins at 9am in the Kirkwood Neighborhood of Greensboro. The good news is that the course is flat and simple, so anyone can join in the fun and help raise money for a great cause.



Kirkwood is one of Greensboro's friendliest family neighborhoods. Nestled just north of downtown Greensboro among sixty year old dogwoods, red maples, large poplars, and mixed hardwoods, Kirkwood is home to more than 250 families. Known as a young person's neighborhood, most homeowners are between the ages of 25 and 40 and are beginning their own families. Sprinkled throughout the community, however, are "neighborhood grandparents," couples without children, and single individuals, all of which create a rich diversity.

Friends of Kirkwood (FOK), a community group led by neighborhood residents, helps invigorate the sense of community within Kirkwood. With FOK's leadership, Kirkwood gives back to the community annually by hosting the K5K Run/Walk/Push. All proceeds from this race go to benefit a local charity that is actively making a difference in Greensboro. The last race raised over \$3,000 for the ALS Association to honor a neighborhood member fighting ALS. This year, we are thrilled to be raising funds for Backpack Beginnings.

BackPack Beginnings (formerly known as The Backpack Program of Guilford County) is a Charitable Purpose Fund with the Community Foundation of Greensboro. It directly affects childhood hunger in our county by sending school aged children home with backpacks full of nutritious and kid-friendly food on the weekends during the school year. It is based on The Backpack Program, a national model developed by Feeding America and Second Harvest Food Bank that has been implemented by Second Harvest in many counties in North Carolina- but not in Guilford County. Unfortunately, here in Guilford County, the problem of hunger may be larger than you think.

According to Guilford County School's Nutrition Office, 52.8% of children in our school system qualify for free or reduced lunches. That is approximately 37,000 children. Childhood hunger causes health problems, creates educational problems and leads to workforce and job readiness problems. Backpack Beginnings launched at Wiley Elementary and Shiloh Head Start in January 2010, feeding 50 and 15 children respectively. We plan to feed 100 or more students in the fall. The more money we raise, the more children we can feed. You can be part of the solution! Learn more about this program at www.backpackbeginnings.com.

We hope you will join us on August 28 at 9am for the K5K Run/Walk/Push. Details can be found at www.k5k.kirkwoodlive.org

Posted by Triad Smarty Pants at [5:00 AM](#) 