



# HOW DO I BECOME A PHANTOM RUNNER?



**Not a walker or runner? Have a prior commitment? Become a Phantom Walker instead. Sounds mysterious, huh? Actually, our Phantom Walker program allows you to participate in Hunger Walk without being present. Send your \$25 check or money order and we will send you your t-shirt.**

The Atlanta Community Food Bank  
**Attn: Hunger Walk Phantom Walker**  
 970 Jefferson Street, NW  
 Atlanta, Georgia 30318

**Credit card payments also accepted.**

**Please contact Leslie Hamilton at**  
**404-892-FEED x223 or**  
**leslie.hamilton@acfb.org**

## FACTS ABOUT HUNGER IN AMERICA

- 1 in 5 Georgia children are at risk of going hungry at some point each month.  
(Center on Hunger and Nutrition, Brantley, 1999)
- 62% of all emergency food requests in American cities come from either children or their parents.  
(Conference of Mayors, Hunger and Homelessness in America, 12/00)
- A significant increase of working poor families in the state of Georgia are asking for assistance from the Atlanta Community Food Bank's member hunger-relief organizations.  
(ACFB, 2000)
- The US Conference of Mayors reports that nearly a third of the adults requesting emergency food aid are now working people with jobs.  
(Conference of Mayors, Hunger and Homelessness in America, 12/00)
- 50% of the foods distributed by the Atlanta Community Food Bank benefit children.  
(ACFB, 2000)
- 1 in 5 elderly Georgians live in poverty or at extreme risk of living in poverty. And, more than 6,000 Georgia seniors are on the waiting list to receive Meals on Wheels.  
(Applied Research Center, 1999)



THE ATLANTA COMMUNITY FOOD BANK  
 970 Jefferson Street N.W. • Atlanta, GA 30318  
 404.892.FEED • www.wacfb.org



**Hunger Walk/Run**  
 A project of the  
 Atlanta Community  
 Food Bank  
**2002**  
 Helping others has  
 never been this much FUN!

**St. Patrick's Day**  
**Sunday, March 17, 2002**  
**Turner Field**

### PARTICIPANTS' GUIDE

## WHAT IS HUNGER WALK/RUN?

The purpose of Hunger Walk is to raise money for hunger relief programs based in Metro Atlanta while increasing awareness of the issue of hunger. Hunger Walk/Run provides an opportunity for people to get involved and take action learning that helping others can be FUN!

Hunger Walk/Run is a 10K and 5K walk and run. Beginning at Turner Field, it loops through downtown, passes the capitol and Georgia State University, then returns to Turner Field.

Where does the FUN come in? Having fun at Hunger Walk/Run is easy! Clowns, old style carnival games and more await walkers and runners at Turner Field before and after the walk/run. Along the route, walkers and runners are entertained by a variety of local artisans and musicians from ballerinas and hula dancers to rock n' roll bands and polka music. Participants are refreshed at water stations, cheered on by walk marshals and received at the finish line by roaring applause.



# HOW TO HAVE A LUCKY ST. PATRICK'S DAY AT THE 2002 HUNGER WALK/RUN:

## How do I sign up to walk, run, volunteer, or entertain?

Invite your friends, family and coworkers and organize a walk group!

Please contact:

- Need Run Applications or more information? Contact Lauren Mylacraine at 404-892-FEED x247 or [lauren.mylacraine@acb.org](mailto:lauren.mylacraine@acb.org).
- Need Collection Envelopes, Brochures, Posters, etc.? Contact Lauren Mylacraine at 404-892-FEED x247 or [lauren.mylacraine@acb.org](mailto:lauren.mylacraine@acb.org).
- Volunteers are needed throughout the event. Contact the Volunteer Dept. at 404-892-FEED x243 or [hvvolunteer@acb.org](mailto:hvvolunteer@acb.org).
- Entertainers are needed along Walk/Run route. Contact Jessica David at 404-892-FEED x248 or [jessica.david@acb.org](mailto:jessica.david@acb.org).
- Information available at Metro Atlanta Starbucks locations.

## What should my Hunger Walk 2002 goal be?

What do you want to get out of this experience? Sometimes a pat on the back and a "thank you" just aren't enough. It's okay, we understand. That's why we've lined up these great incentive prizes:

- Raise \$5 - Receive a free Carabiner
- Raise \$10 - Receive a free Hunger Walk Event Pin
- Raise \$25 - Receive a free Hunger Walk T-Shirt
- Raise \$75 - Receive a free Hunger Walk Cap
- Raise \$100 - Receive a free denim shirt with embroidered Hunger Walk logo.
- Raise \$150 - Receive a free backpack with embroidered Hunger Walk logo.

## 2002 Hunger Walk/Run • Sunday, March 17, 2001 • Turner Field

Registration and FUN begin at 12:00 p.m. • 10K Run starts at 1:00 p.m. • 10K Walk starts immediately after runners • 5K Run starts at 1:30 p.m. • 5K Walk starts immediately after runners • Festivities continue until 4:00 p.m.

See [www.acb.org/HungerWalk](http://www.acb.org/HungerWalk) for pictures of prizes. **Limit two prizes per envelope. Incentive prizes available day of event only. All prizes are subject to availability.**

Need some help getting started? Here are some collection hints:

- Ask EVERYONE – friends, family and more!
- Remember, no donation is too large or small!
- Keep your eyes peeled for loose change – it adds up!
- Make a personal donation to yourself!



## How can I get 103 chances to win Reebok shoes?

Bring five cans of food or \$5.00 and receive a chance to win a pair of Reebok shoes. A \$60 to \$80 value. *Rules available upon request.*

## Do You Know Your Stroke Risk?

The Greater Atlanta Chapter of the Academy of Medical-Surgical Nurses are providing a free blood pressure screening and stroke risk assessment at the first aid tent at Hunger Walk. It's quick and painless, and information that you need to know.



## Are there ways to creatively participate?

Celebrate your group's participation by joining the BANNER COMPETITION! Have a picture of your banner made at the Information Tent. Prizes will be announced after 5K events.

Express yourself – COSTUMES ARE WELCOME!

## Who does Hunger Walk benefit?

This year's Benefiting Partners include:

- Atlanta Baptist Association
- Atlanta Community Food Bank
- Atlanta Union Mission
- Atlanta Urban Ministry
- CARE
- Episcopal Charities Foundation
- Global Health Action
- Jewish Federation of Greater Atlanta
- Lutheran Ministries of Georgia
- Metro Partnership in Aging
- Presbyterian Answer to Hunger
- The Sullivan Center
- St. Vincent de Paul Society

## How do I get there?

The 2002 Hunger Walk is at Turner Field. Here are the directions:

**Coming from the North or South:** As you come into Atlanta on either Interstate 75 or 85, the two interstates will merge as you enter the city. Proceed through town to exit #246, Fulton Street/Turner Field exit.

**Coming from the West:** Head into Atlanta on Interstate 20 East. Take exit #56B, Windsor Street/Turner Field exit. At the first light, go right on Windsor Street, then turn left on Fulton Street.

**Coming from the East:** Head into Atlanta on Interstate 20 West. Take exit #58A, Capitol Avenue exit.

### SPONSORS:

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### Walk/Run Route Map

