



# 4th Annual **PUSHUPS** FOR CHARITY

GET FIT. HAVE FUN. MAKE A DIFFERENCE.

## What is Push Ups for Charity?

Push Ups for Charity is an annual nationwide fundraising event dedicated to raising awareness and funds for United States military veterans who often times face a variety of struggles after returning home from overseas deployments. For more information, visit:

[www.bootcampaign.com](http://www.bootcampaign.com)  
[www.pushupsforcharity.com](http://www.pushupsforcharity.com)

## WHEN:

**Saturday, May 10, 2014**

7:30 a.m. - 5K Fun Run

9:00 a.m. - Push-Ups for Charity

## WHERE:

**City of Irvine Civic Center**

1 Civic Center Plaza, Irvine, California 92606

## How Do I Participate?

Participants collect donations promising they will perform as many push-ups as possible in 90 seconds. Donations can be made per push up or at a flat rate. Individual competitions include military veterans, Orange County Fire Authority, and SWAT members from the Irvine and Newport Beach Police Departments. Individuals who do not wish to compete but would like to participate are welcome in the Open Session Event. To donate or register a team, please visit:

<http://www.crowdrise.com/pucirvine2014>



## 5K Fun Walk-Run

Donate \$30 and participate in the 5K Fun Walk-Run before the Push-Ups for Charity Event. Fun and fitness for the whole family!

## For Event Information

Irvine Police Detective Sean-Paul Crawford  
(949) 724-7249 • [scrawford@cityofirvine.org](mailto:scrawford@cityofirvine.org)

## A Partnership Between

The Irvine Police Department & Custom Bodies Fitness



## **IRVINE POLICE DEPARTMENT**

One Civic Center Plaza • P.O. Box 19575 • Irvine, CA 92623-9575

949-724-7000 • [www.irvinepd.org](http://www.irvinepd.org)

*"In Partnership with the Community"*

