

**Volunteers  
Needed!**

**3rd Annual**

**Day of the Tread**

**Sunday, October 25<sup>th</sup> 2009**

This family-oriented, Halloween-themed charitable bike ride, walk and certified 5k/10k run will benefit Casa Esperanza and The Carrie Tingley Foundation.

If you enjoy bicycling, running, walking, dressing up in costume, or perhaps just having fun, please join our efforts us by volunteering for this family fun, exciting event!

Participation guarantees a ghoulish good-time!

**Please feel free to contact us for more information  
on how you can get involved!**

[www.dayofthetread.com](http://www.dayofthetread.com)

(505) 353-5349 - [Debbie.Kiyono@jqh.com](mailto:Debbie.Kiyono@jqh.com)

**Albuquerque Embassy Suites Hotel & Spa**

