

2005 RAW FOOD  
**HIKE THON**



Starting on Earth Day 2005 (April 22nd), Doug Walsh – a former Outward Bound instructor with years of back country experience – will backpack the 3,000 mile Continental Divide Trail (CDT) through the wilderness of the Rocky Mountains on a 100% plant-based raw food diet!

Join us for our three great fund raising events!

## Free Ice Cream Social!

Ice Cream Social and Hike Slide Show with Doug Walsh- FREE, HEALTHY AND VEGAN!

Thursday April 14 7-8:30 PM

Wild Oats (Superior store)  
Off Highway 36 and McCaslin Blvd  
303 Marshall Rd  
720-274-1415



Friday April 15 7-8:30 PM

Wild Oats (Boulder store)  
Broadway and Arapahoe Avenue  
1651 Broadway  
303-442-0909

## Raw Potluck

Saturday April 16 5-8:30 PM

Crosswinds Church

4705 Baseline Rd, Boulder (Across from Safeway on Baseline - Close to Foothills Parkway)

**COME ENJOY DELICIOUS, RAW, VEGAN, PLANT-BASED FOODS,  
ENTERTAINMENT, A SLIDE SHOW AND A RAFFLE!**

COST PER PERSON (CASH OR CHECK ONLY):

Bring a dish to share: \$7 – Enjoy others creations: \$25 – Kids 8 and under: Free

PLEASE BRING A RAW, VEGAN, UNCOOKED, PLANT-BASED DISH TO SHARE  
FOR 8-10 PEOPLE AND YOUR OWN PLATES AND UTENSILS.

Groups: Please bring a dish for each person.

All paying adults (age 9 and over) are eligible for the raffle. One number per entry.

All profits from the event go to Living Light Culinary Arts Institute.

Special thanks to all who made contributions to these events!



HealthForce Nutritionals

For more information please visit [www.RawHike.com](http://www.RawHike.com) or call 303.456.1822.  
To learn more about Living Light Culinary Arts Institute visit [www.RawFoodChef.com](http://www.RawFoodChef.com)