



Registered Charity No: 1128463

# Gary's Independence Day Run

This Sunday 4th July, our man of the moment Gary 'Liberty' Starr will not be celebrating Independence Day in the traditional way with bright parades and tonnes of fast food, but will be pounding the streets of Manchester in the



## City of Manchester 10k

While raising funds for

## Timeout Foundation



The Timeout Foundation is a charity dedicated to promoting Looked After Children and their Carers in a positive light.

They also promote the excellent care and education which is available across the UK in this difficult and stressful area.

So let's help Gary burn off all those Cheese-burgers by sponsoring him to run around Sportscity in some indecently short shorts, and make a bit of money for a very worthy cause!



**City of Manchester 10K**  
Sunday 4<sup>th</sup> July, 9.30am  
At Sportscity, Manchester