



**PROFESSIONAL WOMEN IN  
PEST MANAGEMENT  
5K Fun Run / Walk**



Join fellow PCOC members for a brisk 5K jog or walk around beautiful Downtown Sacramento.

Not interested in running or walking? That's OK! Come join us for the group stretch with your new PCOC connections!

**WHERE:** Meet at The Hotel Lobby

**WHEN:** Monday, April 8, 2019

**AGENDA:** 11:45 am Group stretch / Warm Up  
12:00 pm Begin 5K route

**WHO:** Anyone

**COST:** \$10.00 per adult (Children are free)

All proceeds go directly towards the California Chapter of PWIPM's annual empowerment grant. The grant recipient is awarded an all-expense paid trip to the Annual PCOC Expo.

Questions? Please call Mary Hernandez 805.720.3987 PWIPM Committee Chair