

RAW FOOD HIKE-A-THON

A 3000-MILE FUNDRAISING HIKE ALONG THE SPECTACULAR CONTINENTAL DIVIDE TRAIL ON A 100% RAW FOOD DIET!

Starting on Earth Day 2005 (April 22nd), Doug Walsh will backpack the **3,000-mile Continental Divide Trail** through the Wilderness of the Rocky Mountains on a **100% plant-based raw food diet!**

Doug Walsh is a former Outward Bound Instructor with years of backcountry experience. To learn more about Doug and his upcoming adventure, please visit our website at www.RawHike.com.



WHY HIKE 3,000 MILES?

- ▶ To encourage those who are searching for awesome health to explore the many benefits of a raw food diet.
- ▶ To inspire people to follow their hearts and dream big.
- ▶ To raise money for an expanded facility for Living Light Culinary Arts Institute, a raw, vegan culinary arts school.

To learn more about
Living Light Culinary Arts Institute
visit www.RawFoodChef.com.
The standard for excellence in raw culinary arts.

Doug will be sending inspirational stories and pictures from the trail to keep us all updated on his progress.

WE NEED YOUR HELP!

**CATCH SOME OF OUR ENERGY
BECOME AN ACTIVE PART OF THIS ADVENTURE**

- ▶ Become a Hike-a-thon Sponsor and help us achieve our goals.
- ▶ Volunteer to help get the word out.
- ▶ Donate food or equipment.
- ▶ Sponsor a Raw Hike in your community.



Call 707-964-2420 for more information or visit www.RawHike.com