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Fabulous turnout for JF Kapnek Trust Family Fun Run

Submitted by Amy Campbell



The 15th annual JF Kapnek Trust Family Fun Run took place on Sunday, May 5 at Miramonte High School, with over 160 runners of all ages coming out to support the Trust, a local nonprofit that supports early childhood education, nutrition and AIDS treatment and prevention programs for children and families in Zimbabwe.

Along with a 5K run and a 1K children's run/walk, event participants listened to traditional Zimbabwean music by Chinyakare, enjoyed a healthy brunch and participated in various arts and crafts and other activities. Local businesses Square Baby provided healthy smoothies, Axon Fitness provided after-run massages, and Mindful Littles promoted kindness and mindfulness to children and adults alike.

Participants compete at May 5 JF Kapnek Trust Fun Run in Orinda. Photo provided

In addition to the run participants, over 75 volunteers from organizations such as National Charity League, Boys Team Charity, and Miramonte High School were on

hand to ensure a smooth event. And local Lamorinda pediatrician and JF Kapnek Executive Director Dr. Dan Robbins acted as master of ceremonies.

For more information on the JF Kapnek Trust programs, go to www.jfkapnekusa.org.

Reach the reporter at: info@lamorindaweekly.com

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