

1st Annual Gaslamp 5K Run/Walk - Join the Cardenas Internal Medicine Team



Drs. Carrie and Hector will be participating in the Gaslamp 5K Run/Walk, Come join us!

Cardenas Internal Medicine is creating a team for the July 31st 5K Gaslamp Run/Walk in the Gaslamp Quarter in the historic heart of San Diego. Whether you are a competitive 5K runner, power walker, or casual stroller, there's a way to participate and enjoy at your own pace.

The cost is \$49 including Registration:

- Super-soft t-shirt
- Custom race medal
- Personalized race bib

More specific details regarding our team will follow in the next month.

DATE: July 31, 2022

LOCATION: Beautiful & Historic Gaslamp Quarter in the heart of San Diego.

TIME: 8:00 AM race start.

RSVP: Please email us at staff@cardenasim.com if interested in joining our team.