

Monster Mash Dash, Wellness Fair combines fun with health

Written by By Rick Abasta Sun Correspondent
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The Community Pantry and Hope Garden invites Gallupians to dress up as their favorite characters and celebrate the changing of the season at the Monster Mash Dash and Wellness Fair Oct. 23 at the Fox Run Golf Course at 1109 Susan Ave.

“We want to bring awareness to the community for wellness services,” Community Pantry Executive Director Alice Perez said. Perez also emphasized the need for volunteers at the Pantry.

The Community Pantry was founded by Jim Harlin and Tom Crider in 1999 to serve people in northwestern N.M. with healthy food and nutrition initiatives. The pantry includes a food distribution warehouse, large outdoor garden, and greenhouses.

Today, the Community Pantry serves a population of 100,000 and has provided 40,000 meals annually.

Lisa Blanco, Community Pantry Board President, said the idea for the Monster Mash Dash came out of the blue as the Community Pantry Board discussed the logistics of hosting a fun run and sharing public information about services provided by the pantry.

The Monster Mash Dash is a public outreach event hosted by the Gallup Pantry in an effort to combat hunger in McKinley County.

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The fair will be open from 10 am - 2 pm.

It will include a costume parade with one prize each for the best adult and child costume, goodie bags for all registered participants, and free games for the children.

Zumba is scheduled at noon.

The first 40 participants to register in the 5K fun run/3K walk will get a free t-shirt. There will also be medals awarded for the top three male and female competitors in the race.

A concession stand will be on site selling food and numerous area organizations will set up information booths to offer public outreach and wellness services. They include the Gallup Fire Department, McKinley County Sheriff's Department, McKinley County Recycling, Blue Cross and Blue Shield of New Mexico, and Presbyterian Health Plan, Inc.

The proceeds from the events go to the Community Pantry in their never-ending fight against hunger in McKinley County and New Mexico.

Masks will not be required at the outdoor event.

For more information, visit: www.thecommunitypantry.org

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