

# 8 TH ANNUAL MHDG - ICE BOWL DISC GOLF FUND RAISER

FEBRUARY 6, 2010 BIRD'S NEST DISC PARK - ARVADA, CO

*Mile High*  
DISC GOLF CLUB



**WHAT:** Come snow, sleet or even sunshine disc golfers and friends from all over Colorado will play and compete in the annual Mile High Ice Bowl fundraising event. Disc Golf is similar to (ball) golf, but instead of clubs and balls players use specialized flying discs, instead of a cup in the ground players aim for a basket on a pole. This years proceeds will benefit The Arvada Community Food Bank, The Food Bank of the Rockies and The Jeffco Open Space Foundation / Bird's Nest Disc Park. Admission is FREE for spectators with a donation of canned food or cash is gladly accepted.

**WHEN:** Saturday February 6, 2010. Check-in at 8:30 am Player meeting starting at 9:30 am

**WHERE:** Bird's Nest Disc Park 17975 64th Ave. just east of the Arvada Blunn Reservoir Arvada, CO

**WHO:** players or non players of all ages and skills can join the FUN and help raise funds and awareness of these charitable non-profit organizations: Food Bank of the Rockies, Arvada Community Food Bank and Jeffco Open Space Foundation. Sponsors of the Ice Bowl to be announced.

**PHOTO OP:** Men, women, and children playing "DISC GOLF FOR FOOD" over fairways, through the trees and over the hills aiming for baskets and chains. This 27 'hole' event will be fun for all and all for a great cause.

**EVENT DAY:** John Bird, President of Mile High Disc Golf 720-319-0213 (C)  
websites: [www.milehighdiscgolf.org](http://www.milehighdiscgolf.org) [www.foodbankrockies.org](http://www.foodbankrockies.org)  
[www.arvada.org/partners/index.php?div\\_id=9264](http://www.arvada.org/partners/index.php?div_id=9264)

## **CONTACT:**

John Bird: President, Mile High Disc Golf Club 720-319-0213  
[birdiemaster@milehighdiscgolf.org](mailto:birdiemaster@milehighdiscgolf.org)

Kristina Corova: Dir. Promotions, Food Bank of the Rockies 303-9250 ext. 238

Ernest Giron : Director, Arvada Community Food Bank 303-424-6685