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For Immediate Release

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East Bay Law Firms' 5K Walk-A-Thon Fundraiser Benefits Food from the Bar

Concord, CALIF., May 6, 2010 – Food from the Bar is one of the most successful fundraisers for the Food Bank of Contra Costa and Solano. This year, local law firms are banding together for the first time to participate in a joint 5K Walk-A-Thon to benefit the Food Bank. On Friday, May 7, over 80 participants will don their walking shoes to trek 3.1 miles around downtown Walnut Creek to fight hunger through the Food from the Bar campaign.

Since 1992, the Contra Costa County Bar Association (CCCBA) has sponsored an annual food and fundraising competition where local law firms, solo practitioners and county legal offices vie to raise the most per capita money for the Food Bank of Contra Costa and Solano, in an event dubbed “Food from the Bar” (FFTB). Since FFTB began, attorneys and staff have raised \$740,000 and over 52 tons of food for the Food Bank.

As the organizer of the event, Archer Norris PLC is proud to walk with fellow firms: McNamara, Dodge, Ney, Beatty, Slattery, Pfalzer, Borges & Brothers LLP; Miller Starr Regalia PLC; The Law Offices of Gagen, McCoy, McMahon, Koss, Markowitz & Raines, APC; Timken Johnson Hwang LLP; Van De Poel, Levy & Allen, LLP, along with other individuals in the community.

Each \$50 registration fee for the Walk-A-Thon directly assists the Food Bank, and participants also receive sponsor donations from family, friends and colleagues. The top three participants who raise the

most additional money for the Food Bank win a gift certificate to Sports Basement, a Walk-A-Thon sponsor.

“For the past 18 years, law firms have challenged one another to find new and exciting ways to raise money for FFTB, which ultimately provides food for thousands of Contra Costa and Solano county residents each month” explains Ed Shaffer, Archer Norris partner and FFTB committee Chair for the CCCBA. “This year participating firms are challenging each other in a new way; by coming together in a single fundraising Walk-A-Thon, we hope to raise more money for the Food Bank than ever before.”

For more information, please contact Emily Newton at enewton@archernorris.com or 925.930.6600. Included with this press release is a flyer and registration form for the Walk-A-Thon which provides a map of the walk route.

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