



### Walk or Run 5K on Saturday, Sept 12

**WHEN:** 9:00 a.m. Start (Registration opens 7:30 a.m.)

**WHERE:** Jeanne Jugan Residence, 185 Salem Church Rd, Newark, DE 19713

**WHY:** Proceeds from this event will assist with the procurement and installation of a replacement walk-in commercial freezer/refrigerator system to support the dietary needs of our 80 Residents.

**COST:** \$20 until Sept 10 (\$18 each for group of 3 or more). \$25 day of event.

- Awards: Trophies to 1st M/F runners (open and masters) & 1st M/F walkers + Medals (52 total!) to top 2 runners in 5 year age groups 13 under to 70+
- T-shirts to all pre-registered
- Refreshments include pizza, Chic-Fil-A, beer (21+), fruit, chocolate milk
- DJ Entertainment
- Goodie Bags to all participants
- Raffle for great prizes
- Bake sale & vendor tables

The Little Sisters of the Poor offer the low-income elderly of every race and religion a home where they will be welcomed as Christ, cared for as family and accompanied with dignity until God calls them to himself.

Register Online, get info, see photos at:  
**[www.NunRun5K.org](http://www.NunRun5K.org)**

