

## Walk or Run 5K on Saturday, Sept 14

WHEN: 9am Start (Registration opens 7:30am)

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

WHY: Proceeds from this event will help us achieve a matching grant of \$20,000 from the

Raskob Foundation. Together this will allow us to expand and update our security

camera system.

COST: \$20 until Sept 12 (\$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 to top 3 runners in 10 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/

