



NAC 5K / KIDS SUPERHERO DASH & FIRST RESPONDER CHALLENGE

Saturday, April 27, 2019 | 9:00 a.m.
12 Payson Road, Foxborough, MA

Number pick-up and registration on

- Friday, April 26, 2019 4:30 p.m. -8:00 p.m.
- Saturday, April 27, 2019 7:30 a.m. - 8:45 a.m.

REGISTER ON-LINE AT www.ACTIVE.com

Register by April 1, 2019 to get an AWESOME RACE SHIRT!

Adults 19+ Running-5K

\$30.00 On-line registration, prior to April 27, 2019

\$35.00 Registration day of the NAC Dash

First Responders 5k Challenge

(must be active or retired from the specific department)

\$20.00 when you register on-line, prior to April 27, 2019



April is Child Abuse Awareness Month and we are excited to invite you to register for the for the Norfolk Advocates for Children (NAC) 5K, Kids Superhero Dash and 1st Responder Challenge to raise awareness in support of child abuse prevention. The NAC is a non-profit organization that is a partnership of public and private agencies that work in collaboration to help children who experience physical, sexual and domestic abuse, as well as trafficking. The NAC offers an immediate response to cases of child abuse and coordinates direct care to these children and their families. The NAC also provides community education, training and advocacy in issues related to child abuse prevention and treatment.

KIDS SUPERHERO DASH:

The kids superhero dash is FREE to kids 8 and under!!!! The dash will kick off our event at 9AM.

COSTUMES ARE ENCOURAGED and there will be a prize for the best costume of the day!

NAC 5K KIDS SUPERHERO DASH & FIRST RESPONDER CHALLENGE:

A professionally timed, flat 5K (3.1 mile) run through beautiful Foxborough. Prizes awarded to the top Male and Female finishers. The race will step off at the conclusion of the superhero dash at 12 Payson Rd. We encourage all runners and walkers to join in the fun and wear a costume too. The 1st Responder Challenge will be won by our 1st finishing 1st responder. The winner will take home an amazing trophy AND bragging rights for their Department!

AWESOME AFTER PARTY!

Following the race, please join us at the NAC for a party with something for everyone. There'll be TONS of raffle items, lots of great FREE food and drinks, a DJ, crafts, a bounce house and so much more!!!!

www.norfolkadvocatesforchildren.com