



# NAC 5K & SUPERHERO DASH

Sunday, April 30, 2023 | 9:00 a.m.  
12 Payson Road, Foxborough, MA

Number pick-up and registration on  
Sunday April 30, 2023 | 7:30 a.m. - 8:45 a.m.

**REGISTER ONLINE:**

[www.nac5ksuperherodash.racewire.com](http://www.nac5ksuperherodash.racewire.com)

## 5K Race Cost

**\$25.00 Online registration available now or same day registration available at race location!**

April is Child Abuse Prevention Month and we are excited to invite you to register for the Norfolk Advocates for Children (NAC) 5K & Superhero Dash 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 on issues related to child abuse prevention and treatment.

## NAC 5K

A professionally timed, flat 5K (3.1 mile) run through beautiful Foxborough. Prizes awarded to the top two finalist. 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.

## KIDS Superhero Dash

The kids superhero dash is FREE!! The dash will kick off our event at 9AM. COSTUMES ARE ENCOURAGED!

## Awesome After Party!

Following the race, please join us at the NAC for some fun for everyone. There'll be music, crafts, a firetruck visit, and more!!

[www.norfolkadvocatesforchildren.com](http://www.norfolkadvocatesforchildren.com)

