

St. Charles Children's Home 5k

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Editor's Note: Photos available upon request (email pmcavoy@nh-cc.org)

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FOR IMMEDIATE RELEASE

Can You Outrun the Nuns? – Find Out at the 13th Annual St. Charles Children's Home 5k Race

Champion Chip timed with food provided by Applebee's Restaurant

PORTSMOUTH, NH (September 3, 2009)— Think you can outrun a nun? Sure, you may have beat Sr. Mary Margaret across the playground all those years ago, but if you're up for a real challenge (these sisters are serious runners) you can find out on Labor Day – all while having fun and supporting St. Charles Home, a caring place for abused and neglected children.

On Monday, September 7, 2009, the 13th annual St. Charles Children's Home 5K Road Race will again be held at Martin's Point Healthcare at the Pease International Tradeport, starting at 9:00 am. The course, USATF certified, is ideal for fast runners but safe for all walkers, runners, and children. Proceeds of the road race go to benefit the children at the St. Charles Children's home in Rochester, NH.

Race Coordinator Sister Mary Agnes said, "We have worked hard to become a professional road race that is at the same time a wonderful family event and perfect opportunity for beginners to try their first race. We also have plenty of people who come to walk and enjoy some good exercise."

This year the St. Charles Race will have the finish line filmed and broken up into short segments to be posted on Facebook. Runners and walkers can tag themselves and show their friends that they were supporting a great cause.

Last year nearly 1,000 participants came out for the race, making it one of the largest 5K races in the area. Online registration is \$18 and open until Saturday night: www.runningnuns.com. An social media community has begun to form around the St. Charles Children's Home 5k with the new Runningnuns page on Facebook, and the opportunity to follow the Runningnuns on Twitter at <http://twitter.com/Runningnuns>.

Race participant Lynn McTigue Brown recently posted, "This is a great race...good turnout, good food, don't have to run in any traffic & very family oriented. I run it every year and look forward to it!"

On September 7, 2009, registration and race number pickup will be from 7:30 am – 8:30 am with the 5k starting at 9:00 am. A children's Fun Run will follow after the finish of the 5k road race. The

pre-registration fee is \$18 per adult, \$15 for children 12 and under. This fee includes a t-shirt for the first 800 people to sign-up. On Labor Day morning, the fee will increase to \$20.

“I especially want to thank our sponsors, and single out the Willis Group for their support throughout the years,” said Sr. Mary Agnes. “Sponsors this year include Applebee’s, Wheelabrator, Rehab 3, Synergetics, Ultra Geothermal, Waste Management, and many others.”

The St. Charles Children’s Home is a New Hampshire Catholic Charities program. The sisters and children are all avid runners and participate in many road races. For more information on the home please visit www.stcharleshome.org.

- WHERE: Pease International Tradeport
- WHEN: Labor Day, September 7, 2009 at 9 AM
- HOW MUCH: \$18 entry fee, \$15 children 12 & under, and \$20 on Race Day

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