

# Get Fit at the 5K!

Join us for the **fun run** Bishop's 5K, on Saturday, Nov. 18<sup>th</sup> at 9:00AM, at St. Mark's High School in Wilmington! **Prizes** are given to the top male and female runner in each age group and to the diocesan school with the most participants. **Healthy snacks** are handed out after the race! Student registration is just \$19 if you are 18 or under.

The Bishop's 5K raises money to support the work of Catholic Charities, including a homeless shelter, food pantry, and pregnancy counseling.

Register today at

<https://runsignup.com/Race/DE/Wilmington/TheBishops5K>.

