

Please join Ms. Haggis, Mrs. Corea, Miss Gomez, and the St Gregory Cares Team on Saturday, January 31st at 7:15 am for the KID HERO 5K! This event helps the charity *Kids in Distress* (KID).

"The **22nd Annual KID Hero 5K** presented by **UKG** and hosted by the KID Auxiliary is a family fun day for all. Participants are encouraged to release their inner superhero by dressing up in their best costume solo or with sidekicks!

For 45 years Kids In Distress (KID) has been carrying out our mission to prevent child abuse, preserve the family, and treat children who have been abused and/or neglected. The generous support we receive from corporate partners and individuals in our community enables us to serve 20,000+ children and families annually throughout South Florida through our education, prevention, foster care, and family strengthening programs."

The St Gregory Cares team has asked our classes to join us on these 5Ks to help those in our community. For the past several years, our school was recognized as the largest team!!! Do not worry-you do not need to run! You can walk, skip or dance your way over the finish line! It is a FAMILY FUN EVENT and strollers are welcome. Many parents bring their coffee and stroll and just enjoy the day. The kids LOVE it! Please join us! **There will be free treats to eat beforehand and afterwards, games to play, a bouncehouse, and free swagbag items 😊!**

How to Join a Group/Team when registering:

1. Go to KIDHero5K.org
2. Click **Registration** to begin the registration process
3. Click **Join a Team**
4. Select **St Gregory Cares** (spaces between words and no period after St)
5. Select the number of adults and children that wish to participate and click **Register**
6. Fill out the participants information
7. That's it! You have just become a superhero by helping Kids in Distress! Thank you!

Please understand all students must be accompanied by an adult to participate.

We will be taking our LARGEST TEAM photo before the race begins- immediately following the warm-up!

"I can do what you cannot, and you can do what I cannot; together we can do great things."
Mother Teresa