



## St. Charles Children's Home 5k

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FOR IMMEDIATE RELEASE

### **Nuns On The Run – 13<sup>th</sup> Annual St. Charles Children's Home 5k Labor Day Road Race** *Champion Chip timed with food provided by Applebee's Restaurant*

PORTSMOUTH, NH (August 13, 2009)— Join the famous running nuns of Rochester on their annual 5k road race fundraiser this Labor Day weekend. On Monday, September 7, 2009, the 13<sup>th</sup> annual St. Charles Children's Home 5K Road Race will again be held at the Pease International Tradeport, starting at 9:00 am. The course, USATF certified, is ideal for fast runners but safe for all runners and children. All proceeds of the road race go to benefit the children at the St. Charles Children's home in Rochester, NH.

For information and to register, the road race has launched a new website: [www.runningnuns.com](http://www.runningnuns.com). An online 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>.

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.

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](http://www.stcharleshome.org).

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."

- 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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