Thank You!

Thank you for participating in the fourth annual Frassati 5K and Family Fun Run/Walk for Kids and Education! Your participation helped make this event possible and we can't wait to share your family's 5K stories! Funds raised will go to operating expenses to keep Catholic education affordable.

Get Ready to Run!

The race days are upon us and this year families have the flexibility to complete the run/walk between Thursday, October 8 – Sunday, October 11. Allow time for your team to get together to run on the course, a trail or track! Please be respectful of neighborhood homes, traffic and others running in public spaces. We will be marking the USATF Certified Course on Thursday morning so you can run with your team throughout the race weekend at a time that works best for you. The course will be unaided so watch for traffic and bring your own water.

HAVE FUN AND DON'T FORGET TO SHARE YOUR "5K STORY" WITH US!

Time yourself, record your run/walk on video, take pictures, go live on Instagram, Facebook and YouTube and tag Frassati!
Event Tags: #frassati5k2020 #runforkidsandeducation #fcafaclconpride #frassaticatholicacademy #gofrassatifalsons

If you'd like your timed results posted, email your time for 3.1 miles to runningdesigns@hotmail.com with your full name, age, gender and photo of your watch or GPS with recorded time. Please DO NOT submit times done on a bike. Results for virtual times submitted will be posted on https://www.raceberryjam.com/indexrr.html

Students are encouraged to wear their race shirts to school on Friday, Oct. 9 for an official event kick-off as they leave school!

Get Donations for your Team!

Help us make our fundraising goal! Share your team name with family and friends so they can donate to your team on our Click Bid fundraising page. They can also bid on silent auction items and/or give a general donation - https://cbo.io/d/donate.php?slug=fca

We hope you consider participating again next year! Thank you.

Melissa Gacek
Race Director, SAC Fundraising Chair

FRASSATI 5K COURSE MAP 2020