



SARAH GRACE
FOUNDATION

www.TheSarahGraceFoundation.org
(516) 433-9745

Hugs for Sarah 2022 Virtual 5K



Calling all runners, walkers, cyclists and wheelchair athletes:

Participate in a virtual 5K in support of children with cancer. You can run, walk, bike, the choice is yours; participate alone, with a friend or with a team.

Sarah's birthday is March 31st, help us honor her memory by spreading Hugs for Sarah. Think about how sweet life is and how short it can be. Hug someone you love - tell them how much they mean to you. Especially, hug your children - do something special with them.

Do it for you; do it for them; do it for Sarah!

Registration MARCH 21st – APRIL 30th

***** Online only *****

Registration Fee: \$35

- Race can be completed any time prior to May 31
- Race bibs will be emailed following registration
- You'll receive a medal for participation in the event
- Medals will begin shipping out June 1st



Register prior to March 31st and be entered in a drawing for a \$50 Amazon Gift Card

Register online at <https://thesarahgracefoundation.org/shop-donate/>

#HugsForSarah5k