

# INTRODUCING THE ST. AMBROSE NOBLE KNIGHTS VIRTUAL 5K

#1

REGISTER your child, yourself, your whole family for the virtual 5k

#2

BECOME A CHAMPION and ask your friends and family to support your run with a donation to St. Ambrose

#3

ASK BUSINESSES TO SPONSOR THE 5K to build our Business Partnership Program

#4

MARCH 7-13 complete the 5k --- run, walk, rollerblade, however you want to move!



Help us reach our fundraising goal of \$30,000 while taking part in our first ever virtual 5k!

Learn more and register at <https://stambrose5k.givesmart.com>

#STAMBROSE5K