



Bishop McHugh Regional Catholic School
Accredited by the Middle States Association of Colleges and Schools
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FOR IMMEDIATE RELEASE

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**Dare to Dash Fun Run/Walk
to Benefit Bishop McHugh Athletics**

(Cape May Courthouse, N.J.) September 25, 2015 – Put on your sneakers for a good cause! Bishop McHugh Regional Catholic School will hold its annual Dare to Dash 5K and Monster Mile Run/1.5 Mile Walk on Saturday, October 17, 2015 on the Sea Isle Promenade in Sea Isle City, N.J. The Monster Mile (for ages 12 and under) will start at 9 a.m., followed by the 5K Run and 1.5 Mile Walk. Proceeds will benefit Bishop McHugh Regional Catholic School Athletic Programs.

Costumes are encouraged, and there will be prizes for the best individual and group (up to five) costumes. In the 5K, there will be awards for first, second, and third overall place, awards for top male and female finishers, and awards for the top three runners in each age division (male and female): 13 and under, 14-19, 20-29, 30-39, 40-49, 50-59, and 60 and over. First, second and third place will also be awarded in the Monster Mile Run.

Cost is \$20 to participate (\$10 for the Monster Mile), and runners receive a t-shirt. Make checks payable to the Bishop McHugh Athletic Association. Registration begins at 8 a.m. on race day. Preregistration is encouraged, and forms may be found on www.bishopmchugh.com.

For questions, email llarkin@bishopmchugh.com.

Bishop McHugh Regional School is a PreK-8 regional school in Cape May County with a student centered curriculum grounded in the Gospel values. For more information, visit <http://bishopmchugh.com/mchugh/>. The community is invited to “Like” Bishop McHugh on Facebook at www.facebook.com/BishopMcHughRegionalSchool and follow Principal McGuire on Twitter at [@BMRCSPrincipal](https://twitter.com/BMRCSPrincipal).

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