

September 17, 2022



Break a Sweat for Education 5K Run and Walk

It's time to lace up your sneakers and Break a Sweat for Education®!

Join Mt. Diablo Education Foundation and Yours Humanly on **Saturday, October 1, 2022**, for a 5K Run/Walk fundraising event supporting educational opportunities in our local public schools.

- Chip timed in-person 5K Run & Walk. (\$35 if you register by 9/15, \$40 after 9/16)
- FREE Kids Fun Run [10 years of age and younger].
Registration required.

Please join the Mt. Diablo Education Foundation Team, and select that you heard about this event through the Mt. Diablo Education Foundation!

Your participation in this event helps raise funds for STEM and Arts educational opportunities for students across MDUSD. Thank you for your continued support!

[REGISTER NOW](#)



All ages and skill levels welcome

All 5K participants will receive an event t-shirt and finisher medal.

Trophies awarded to top runners overall and in each age group.

[JOIN OUR TEAM](#)



Family-friendly entertainment for everyone

With face painting, a balloon artist, and performances from the Northgate Madrigals and Ygnacio Valley Cheer, you'll have plenty of options to keep you and your family entertained!

[FIND OUT MORE](#)



Our Contact Information

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