**Sunshine Camp Trail Mix 5K/10K - Social Media Posts**

**Draft**

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| **Post** | **Potential Graphic** |
| You can help children with disabilities by taking part in the Sunshine Camp Trail Mix 5K & 10K, Oct. 10. Learn more now. [**https://trailmixrun.sunshinecamp.org/**](https://trailmixrun.sunshinecamp.org/) | Trail Mix logo, camp photo |
| When you run or walk in the Sunshine Camp Trail Mix 5K & 10K, Oct. 10, you can help send a child with disabilities to summer camp. Register now.[**https://trailmixrun.sunshinecamp.org/**](https://trailmixrun.sunshinecamp.org/) | Kids at camp image |
| For nearly 100 years, Rochester Rotary Sunshine Camp has provided a free summer camp for children with special abilities. Take part in our Trail Mix 5K/10K race, Sunday, Oct. 10 to help the camp serve children for another century. Learn more. [**https://trailmixrun.sunshinecamp.org/**](https://trailmixrun.sunshinecamp.org/) | Kids at camp image(s) |
| Attention long-distance runners! Looking for a live race to run in following the pandemic? Look no further than the Sunshine Camp Trail Mix 5K/10K. Join us Sunday, Oct. 10 for an outdoor race through a mix of paved sidewalks and natural dirt trails. Register now.[**https://trailmixrun.sunshinecamp.org/**](https://trailmixrun.sunshinecamp.org/) | Image from a previous Trail Mix 5K. |
| Rochester Rotary Sunshine Camp is the only local camp that gives children with special needs unique overnight camping experiences. Please join us at this year’s Trail Mix 5K/10K, Oct. 10, and help kids with disabilities just be kids while at summer camp, without any barriers to fun. Learn more. [**https://trailmixrun.sunshinecamp.org/**](https://trailmixrun.sunshinecamp.org/) | Kids at camp image |