

# MEET CASA SUPERHERO 5K AMBASSADOR COACH KARA!



**THIS superhero  
wears sneakers!**



# ***CASA YOUTH ADVOCATES WELCOMES COACH KARA TO OUR SUPERHERO TEAM!***

We're thrilled to have **Kara Rubinich** on board as our **Race Ambassador** for the **10th Annual CASA Superhero 5K!** Kara is an absolute powerhouse in the running community — with 10 Boston Marathons under her belt and a blazing-fast personal best of 2:58 at the 2020 Houston Marathon, she knows a thing or two about pushing limits and chasing goals. Oh, and did we mention she placed 6th in her age group at the World Olympic Distance Triathlon in Spain? **Talk about inspiring!**

But what makes Kara an even more perfect fit for our 5K is her passion for working with children & young adults. As a run and strength coach, she's dedicated to helping kids from ages 6 to 18 build confidence, strength, and resilience — whether they're playing soccer, basketball, lacrosse, gymnastics, cross-country, or track. She's especially passionate about creating inclusive opportunities for kids of all abilities, including neurodiverse athletes, ensuring everyone has a chance to thrive.

That same passion for empowering young people is what draws Kara to **CASA's mission** — giving children in crisis a dedicated champion to help them flourish! Kara knows firsthand how powerful it is when kids feel supported, and she's excited to use her platform to rally our community in support of CASA's work.

So, if you see Kara on race day, don't be shy — say hi, snag some training tips, or just soak up a little of her race-day magic. With Kara on our team, we know we're one step closer to making a difference for the children who need CASA most.

★ **Find Coach Kara on Facebook: Kara Rubinich RunFit** ★

[www.delcocasa.org/superhero5k](http://www.delcocasa.org/superhero5k)



**JUNE 8, 2025 ★ 9 AM**

**Ridley Creek State Park  
Media, PA  
Pavilions 11A & B**

