



Step through the small town of Swansea, and support a good cause! Hosted by Good Shepherd Lutheran Church, the *Rock with the Flock 5K* helps support our free community food pantry.

<b>March 28, 2026</b>	<b>8 AM</b>	<b>\$30 per runner</b>	<b>295 W. Lady St. Swansea, SC</b>
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**COME RUN AND ROCK WITH THE FLOCK!**



Music and DJ



Awards



T-shirts

**HELP NEIGHBORS IN NEED.**

**MATTHEW 25:35-40**