

April 28, 2010
FOR IMMEDIATE RELEASE
CONTACT: GENIE ALICE CAUSEY
(662) 377-2371

Visit www.nmhs.net for an electronic version of this story.

HEALTHWORKS! TO HOST 5K RACE

TUPELO, Miss.—HealthWorks! will sponsor a 5K cross country race, Saturday, May 22. The Tie-Dye Invitational will start at 8:41 a.m. at the Tupelo Cross Country Trail at Ballard Park.

The race is being held to celebrate the completion of the teen fitness program called Lighten Up – Running is Fun!, in which local students ages 9-16 have been training for their first 5K since early March.

“The race is being held so these teenagers can see through to completion all their hard work over the last several weeks,” said Helen Boerner, High Flying Kid Motivator at HealthWorks! “However, the race is open to the public. We want everyone to get involved in this race to help raise awareness of the importance of exercise to overall health.”

The registration fee is \$15 prior to May 16 and \$20 thereafter. All pre-registrants are guaranteed a T-shirt. Race day registration will begin at 7 a.m.

Visit www.healthworkskids.org to print a registration form. Checks may be made payable to HealthWorks! and mailed or delivered to 219 S. Industrial Rd. in Tupelo.

For more information, call (662) 377-KIDS (5437) or 1-800-THE DESK (1-800-843-3375).