

Registration open for Girls on the Run 5K

Written by Jane Nicholson
Saturday, 05 April 2014 14:40

Registration is open for the ZAP Fitness Girls on the Run 5K to be held May 3 at 10:30 a.m. The non-competitive run will begin at Appalachian State University's Kidd Brewer Stadium and follow a mostly flat course through campus.

The event is sponsored by the Blue Cross and Blue Shield of North Carolina Institute for Health and Human Services at Appalachian.

The event is open to the public in addition to all the current and past participants of Girls on the Run. "This is a great event for people to come have fun and get a little exercise," said director Mary Sheryl Horine. "The energy generated by all the girls is downright inspiring. We've kept the registration fee very low hoping that kids, families and Appalachian students will want to join us and get active on a beautiful Saturday spring morning."

To register, visit <http://gotr.appstate.edu/5K>. Anyone under age 14 will need a running buddy to register and run with them. Registration fees are \$15 and include a T-shirt if fees are received by April 14. Registration will also be accepted on the day of the event starting at 9 a.m.

In addition to the run, there will also be warm-up activities, a happy hair station, an art table, a photo board and food provided by Earth Fare and Panera Bread.

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For more information on this event or volunteering for Girls on the Run, visit www.gotr.appstate.edu or contact
Horine at the Institute for Health and Human Services at 828-252-7557 or
horinems@appstate.edu.