



For Immediate Release
March 31, 2010

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Mom-n-Me Fun Run
Girls on the Run

Southeastern District Health Department would like to invite everyone to participate in the Girls on the Run Mom-n-Me 5K Fun Run/Walk that will be taking place on **Mother's Day, Sunday, May 10th, 2010** at Centennial Park in Pocatello. The cost for early registration, before May 5th, is \$10.00 for adults; \$5.00 for children ages 4 to 12; and free to children ages 3 and under. After May 5th, registration fees for adults and children ages 4-12 increase by \$5.00. Come join the health department in an effort to start a fun and healthful tradition for families on this special day. Everyone and all abilities are welcome! The event will begin at 9:00 a.m. with onsite registration beginning at 8:30 a.m. Following the event, refreshments and door prizes will be provided. Start this Mother's Day off right with an experience that you will remember for years to come.

This event is part of the "Girls on the Run" program through the Southeastern District Health Department.

Girls On The Run (GOTR) is a life-changing experiential learning program for girls age 8-14. The program combines training for a 3.1 mile running event with self-esteem enhancing, uplifting workouts. The goals of the program are to encourage positive emotional, social, mental character and physical development, which is accomplished with female mentors/coaches in a girl-positive environment. The expectation is that participants will exit the program with a stronger sense of identity, a greater acceptance of themselves, a healthier body image, and an understanding of what it means to be part of a team. GOTR has been preparing the girls to complete a 5k run/walk, and challenges and encourages girls at all fitness levels.

For more information or to register, visit the Southeastern District Health Department's website at www.sdhdidaho.org or contact Tracy McCulloch at 239-5250 or Michelle Butterfield at 239-5207.