



P.O. Box 697
Orland, CA 95963
(530) 865-1107 office
(530) 865-1109 fax
<http://ceglenn.ucanr.edu>

Submitted by Alyssa Perry, UCCE 4-H Program Representative

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For Immediate Release

Glenn County 4-H Hosts Color Me Green 5K Run

Youth take on leadership roles to be advocates for health

On Sunday, March 25, 2018, Glenn County 4-H Members will host a *Color Me Green 5K Run/Walk* at Lake Elementary School. The *Color Me Green 5K Run/Walk* is a five kilometer course located in the beautiful countryside of the Capay area. This run is designed to encourage youth and community members to increase their physical activity while also having fun! During each run, participants are dusted with colored dye as they pass through each marker point. This run, hosted by 4-H youth members, will be a great opportunity for communities to come together and celebrate healthy living and being physically active.

This 5K Run/Walk is open to, not only 4-H members but, any member of the community that is wanting to walk/run or volunteer. With your registration, you will receive a Race T-
Registration is \$25 per person (or \$45 "Buddy Package" for 2 people) and is due by Monday, March 5, 2018. Any entries received after March 5, may not receive a race T-shirt.

Since its founding, 4-H has addressed national issues including nutrition, fitness and safety in its programs, as well as social and emotional well-being. 4-H Healthy Living programs include healthy eating habits, physical fitness, the capacity to recognize and direct emotions, and the ability to develop and maintain positive social interactions and relationships.

Registration is now open!

Register online at: <http://ucanr.edu/survey/survey.cfm?surveynumber=23910>

For more information, please call the UCCE Office at (530)865-1107 or Rosa Silveira (Event Chair) at (530)624-3631.

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