



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*

April 2, 2018

**For Immediate Release:**

## **Glenn County 4-H Color Me Green 5K Run/Walk Was A Huge Hit**

**On Sunday, March 25, 2018**, Glenn County 4-H hosted 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, ages 0-90, to increase their physical activity while also having fun!

During the run, participants were doused, from head to toe, with a safe green cornstarch solution as they passed through each marker point. This run, hosted by 4-H youth members, was a great opportunity for the community to come together and celebrate healthy. This race was the first of many for Glenn County 4-H. Participants who were asked if they would refer it to a friend, almost unanimously agreed they would. "I loved the green chalk. It was a lot of fun and the support staff did a great job", said one of the participants.

In fact, the whole community rallied behind the event and was instrumental in its success. Over 85 participants and volunteers attended this event. Not only were 4-H members enjoying this race, but also over 60 of those that attended were members of the community! Volunteers were present to help with everything from setting up to cleaning up. Kudos also go out to the Glenn County Sheriff's Office, California Highway Patrol, Orland Fire Department and the Glenn County Road Department. The involvement of these organizations made this event possible by providing a safe and protected environment.



*Abbie, Amber and Rachel Kurth enjoying a family photo after their race.*



*Ty and Megan Roenspie finish strong.*

# # #