



*Submitted by Alyssa Perry, UCCE 4-H Program Representative*

August 10, 2018

**For Immediate Release**

## **Glenn County 4-H Hosts Color Me Green 3K & 5K Run/Walk**

*Youth take on leadership roles to be advocates for health*

On Saturday, September 29, 2018, Glenn County 4-H Members will host a *Color Me Green 3K & 5K Run/Walk* at Lake Elementary School. The *Color Me Green 3K & 5K Run/Walk* is a five-kilometer course and a three-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 3K & 5K Run/Walk is open to, not only 4-H members, but to any member of the community that is wanting to walk/run or volunteer. With your registration, you will receive a Race T-shirt. \*Registration is \$25 single person, \$45 team of two, and \$20 each for a family of three or more. Registration and fees are due by Monday, September 10, 2018 to be guaranteed a race t-shirt. Registration will remain open until the day of the run. Pre-Packet Pick-up will be available on **September 26, 2018** from 5:30 - 7:00 p.m. at Round Table Pizza, Orland.

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!

Participants register online at: <http://ucanr.edu/survey/survey.cfm?surveynumber=25311>.

Volunteers register online at: <http://ucanr.edu/survey/survey.cfm?surveynumber=25312>.

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

# Color Me Green



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