



FAIRFAX COUNTY PARK AUTHORITY



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For Immediate Release

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Healthy Strides 5K/10K Race is Coming to Burke Lake Park

The Fairfax County Park Authority’s Take 12 Steps for Health program is hosting the fourth annual Healthy Strides Community 5K/10K Race at Burke Lake Park on Saturday, April 25, 2015. This event sold out last year so register soon!

The registration fee for the 5K and 10K is \$35 now through April 8. That fee increases to \$40 on April 9 through the end of registration on April 22 or until the event sells out. The registration fee includes a Technical T-shirt, a virtual race bag, and your participation in this great community event! The 10K will start at 7:30 a.m., followed by the 5K at 7:35 a.m. An awards ceremony will follow the races.

A portion of the proceeds from the Healthy Strides Community 5K/10K will help fund summer camp opportunities for children living in homeless shelters and transitional housing in Fairfax County. Bring your old running shoes; we participate in the Nike Reuse-a-Shoe program!

The race features certified 5K and 10K courses and a timing sensor will be attached to your biodegradable bib. New this year is our “Selfie Station.” You can take your own picture or our staff and volunteers will be happy to take a picture for you. Then post your picture on Facebook to share with all your friends!

For more information about the race, volunteering, and to view course maps, visit <http://www.fairfaxcounty.gov/parks/rec/take12/healthy-strides.htm>. Also check out our Facebook page at <https://www.facebook.com/events/1551763288388575/>. For questions, call the Race Director, Julie Frederickson at 703-817-9407, or send an email to julie.frederickson@fairfaxcounty.gov.

Burke Lake Park is located at 7315 Ox Road in Fairfax Station, VA. Due to limited parking, carpooling is encouraged. Burke Lake Park will open to race participants only at 6:15 a.m. on April 25. The park opens to the general public at 9 a.m.

The Healthy Strides Race is sponsored by the Fairfax County Park Foundation and generous support from area businesses.

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If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703) 803-3354.