



FAIRFAX COUNTY PARK AUTHORITY



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For Immediate Release

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Help Yourself and Others with the Healthy Strides 5K/10K

Get a workout for yourself and help send a child to camp by signing up for the Healthy Strides Community 5K and 10K on Saturday, April 23, 2016, at Burke Lake Park.

The 10K runs along a wooded path and takes participants around scenic Burke Lake. The 5K follows a tree-lined road through the park. The run begins at 7:30 a.m., and a portion of the proceeds from the event will help fund summer camp opportunities for children living in homeless shelters and transitional housing in Fairfax County.

Space is limited to the first 500 runners and walkers, so register early. The cost is \$35 through Wednesday, April 6, and \$40 through Tuesday, April 19 at 11:59 p.m. (space permitting). There will be no race-day registration. Packets will be available for pick-up on Friday, April 22 at the Burke Lake Park Ice Cream Parlor from 3 to 7:30 p.m. and on race day at Shelter A from 6 to 7 a.m.

Park roads will close to traffic at 7:15 a.m. for the event, and they won't open again until 9 a.m. So, please allow plenty of time on race morning to make sure you and your spectators are parked before 7:15 a.m. For the safety of the runners, exiting the park will not be permitted until the runners have cleared the course. The race cut-off time is 9 a.m., and the roads will open to outside traffic.

Registrants will receive a commemorative race Tech Shirt, and race day bag check will be available for participants. Awards will be given to the top three overall male and female winners and the top runner in the following age groups; 19 & Under, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 & Over.

The 5K route is wheelchair accessible and race walkers and strollers are welcome to participate in the 5K event.

For more information on Healthy Strides, visit <http://fairfaxcounty.gov/parks/rec/take12/healthy-strides.htm>, or check out the [Healthy Strides Community 5K/10K Facebook Event](#) and invite your friends to join you for the run.

There are campsites available in the park campground on a first come first serve basis. Visit [Burke Lake Park Campgrounds](#) for more information about campground reservations.

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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.