

March 20, 2012

Sally Ellertson
Public Information Officer
141 West Renfro
Burleson, Texas 76028-4261
817-426-9622
F: 817-426-9390
sellertson@burlesontx.com
www.burlesontx.com

Get fit with Glenn Keller on Saturday, May 5, as the Burleson resident prepares for the CNN Fit Nation Triathlon Challenge.

The City of Burleson is sponsoring the Get Going With Glenn Community 5K and Fun Walk at the Bartlett Park Sports Complex (home to the BRiCk), 550 N.W. Summercrest Blvd. Registration starts at 7 a.m. The Fun Walk steps off at 8:30 a.m. The 5K follows at 9 a.m. for those who want to do both events. The May 5 event is part of the City's Be Healthy Initiative.

The 5K run is USA Track and Field (USATF) certified and will be professionally timed. It will start at Bartlett and run along Summercrest Boulevard, Rand Street, Newton Street and Murphy Street as well as on connecting neighborhood streets. The 1 mile Fun Walk will take place on the trail that circles the BRiCk and ballfields at Bartlett.

Registration for the 5K is \$20 for adults (14 and older) through April 30; \$25 for adults, May 1-4; and \$35 for adults on race day. Children (13 and younger) can participate in either the 5K or the Fun Walk for \$10. The adult fee for the Fun Walk is \$20. Online registration will be available on www.Active.com. Runners and walkers may pick up packets at the Cinco de Mayo festival on Friday, May 4, 6 p.m.-11 p.m. in Old Town Burleson. Packets may also be picked up at Bartlett Park Sports Complex the morning of the run.

Keller, 51, is one of seven CNN viewers selected to be part of Fit Nation. They will compete in the Nautica Malibu Triathlon in September. Keller is a truck driver and pastor of Making A Difference Ministry.

Keller is joined by Rick Morris, a web developer and volunteer firefighter from North Carolina; Denise Castelli, an office manager from New Jersey who lost her leg to an infection following an accident in a collegiate softball game; Jeff Dauler, a radio host from Georgia; Adrienne LaGier, a high school teacher from Maryland; Nancy Klinger, a clinical research manager from Minnesota; and Carlos Solis, an elementary school teacher from California.

Through CNN Fit Nation, all seven received a road bike and all of the accessories, a wet suit, and a gym membership. CNN is paying for Keller's gym membership to the BRiCk. The City is allowing CNN to monitor Keller's progress

while he uses the BRiCk. In return Keller and the other six finalists blog, tweet and share their workouts until the Nautica Malibu Triathlon. In that triathlon, the seven will swim a half mile in the ocean, bike 18 miles and run four miles.

For more information about sponsoring or volunteering for the Get Going with Glenn Community 5K and Fun Walk, call Kellye Cunningham, assistant to the city manager, at 817-426-9682.