

April 6, 2016

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

Are you ready to run? The Be Healthy Community 5K/10K and Fun Walk is less than three weeks away and there are already 175 registered runners.

You don't have to be an athlete to get involved in the April 23 event that centers around Old Town Burleson. The 1-mile Fun Walk steps off at 7:30 a.m., followed by the 5K and the 10K at 8 a.m. You can register online at <https://behealthy5k.athlete360.com/>, then pick up your packets at Burleson City Hall on Thursday or Friday, April 21 and April 22, between 8 a.m. and 5 p.m., or pick them up at 7 a.m. on race day. To see the proposed routes for the 1-mile Fun Walk, 5K and 10K, go to <http://bit.ly/Behealthyroutes>.

The Be Healthy Community 5K/10K and Fun Walk includes motivational music by the After Six band to get your blood pumping, then Yogi Bear - straight from North Texas Jellystone Park - will get the runners and walkers started. To help you with that final stretch home, dancers and cheerleaders from Burleson High School and Centennial High School will cheer you across the finish line.

Can you outrun the mayor or the mayor pro tem in the Last Man Running contest? Mayor Ken Shetter is signed up for the 5K and Mayor Pro Tem Dan McClendon is running the 10K. For every person who the mayor passes in the 5K and that the mayor pro tem passes in the 10K, \$10 will be donated to Be Healthy Burleson, www.burlesontx.com/behealthy, so get out there and cheer on our elected officials. The race is organized by the City of Burleson Be Healthy Initiative to promote healthy lifestyles in the city.

The sponsor for the 5K Last Man Running is Woolard's Custom Jewelers and the sponsor for the 10K Last Man Running is North Texas Jellystone Park.

Be sure to check out the 20-plus vendors, the obstacle course, face painting and bounce houses at the April 23 family event. The Burleson Fire Department will be promoting a safe city, ROTC members and their families will be celebrating their 100th Anniversary, and students from Burleson elementary schools will be up and at the race for the Be Healthy BISD participation contest!

Race sponsors include Texas Health Resources, Orthodontics by Birth, Stewart, Fletcher, LuminCARE, H-E-B, Complete Dental Care, City Market, State Farm – Scott Custead, C3 Cryo Club, Align Chiropractic, Spokes, BurlesonNOW magazine, Old Texas Brewing Company, Cool Dog Graphics, and Camp Gladiator!