



**PRESS RELEASE FOR LOCAL MEDIA**

Central Michigan District Health Department  
"Promoting Healthy Families, Healthy Communities"

For more information, please call: (989) 773-5921 ext. 8409  
2012 E. Preston Avenue, Mt. Pleasant, Michigan 48858, [www.cmdhd.org](http://www.cmdhd.org)

**To: Local Media**  
**From: Central Michigan District Health Department**  
**RE: Annual HIV/AIDS 5K Glow Run Fundraiser**  
**Release Date: Immediately (August 2015)**

**Get Your Glow On! 2015 Glow Run 5K Receives Pure Michigan  
FITness Endorsement**

The Governor's Council endorses local event

Mt. Pleasant, **Mich.** – The Governor's Council on Physical Fitness, Health and Sports and the Michigan Fitness Foundation have endorsed Get Your Glow On! Glow Run 2015 5K as a quality physical activity event through the Pure Michigan FITness Series endorsement program.

Central Michigan District Health Department (CMDHD) is committed to the belief that all people have dignity and worth and are entitled to the highest quality of life by providing a voice, leadership, education, medical and support services for those people affected and living with HIV / AIDS. Get Glowing Glow Run is aimed to raise funds to help people who have been diagnosed and living with HIV/AIDS within CMDHD's program service area by providing comprehensive support, including medical care, case management, and social service referrals to address needs like insurance, primary medical care, food, housing, transportation and counseling.

This year's fundraiser is a competitive 5K chip timed run or a 5K fun walk held at Island Park in Mt. Pleasant on September 11, 2015. Medals will be given out to first place male and female runners in all age groups. The first 150 participants will receive a choice gift of a runner's headlamp or handheld flashlight (while various supplies last). We encourage racers and spectators to come in their glow attire. This is a family friendly event so we encourage all age groups to attend. To register, log onto <https://runsignup.com/Race/MI/MountPleasant/5KGetYourGlowOn> and sign up. Pre-registration is \$25 or \$30 the day of the race. Kindergarten through 12<sup>th</sup> grade pre-registration is \$10 or \$15 the day of the race. Registration/Check in will begin at 6:30 pm on the day of the race and the run will begin at 8:00 pm. The Get Glowing Glow Run Participants in this race will be eligible for the lottery drawing of the Mackinac Bridge Labor Day Run of 2016. More information is available by calling Patti Nowak at 989-773-5921 ext. 8460.

The Pure Michigan FITness Series program endorses local, regional and statewide events that are consistent with the Governor's Council and the Michigan Fitness Foundation mission to promote healthy choices while offering a physical activity event that is open to all participants, regardless of skill level or age. Get Glowing Glow Run 5K leads by example in providing a safe, healthy physical activity event for Michigan residents.

“By endorsing local events, we have the opportunity to highlight the positive impact of incorporating physical activity into your daily life,” says Mike Maisner, Vice President of Active Communities. “Pure Michigan FITness events promote physical activity for individuals and communities while providing a fun way for us all to get moving.”

Have your event endorsed by Pure Michigan FIT. Any organization hosting a physical activity event can fill out an endorsement application. Some criteria taken into consideration include the safety and well-being of participants, qualifications of event organizers and officials, proper emergency procedures and maximum participation opportunities.

For more information about the Governor’s Council’s endorsement program, please visit [www.michiganfitness.org/pure-michigan-fitness-series](http://www.michiganfitness.org/pure-michigan-fitness-series).

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon. Visit our website at [www.cmdhd.org](http://www.cmdhd.org), LIKE Central Michigan District Health Department on Facebook and follow us on Twitter @CMiDHD.

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*To request an interview, please visit our website ([cmdhd.org](http://cmdhd.org)) and fill out the Media Interview Request Form.*