



PRESS RELEASE

Jay Nelson
250-4269
Buncombe County Parks, Greenways and Recreation

FOR IMMEDIATE RELEASE

“HEALTHY PARKS, HEALTHY YOU 5K FUN RUN”

Bring your family and join the fun at the **Buncombe County Sports Park** in Candler. Buncombe County Parks, Greenways and Recreation Services will host the first annual Healthy Parks, Healthy You 5K Fun Run/Walk on **Saturday, March 6**. The race **starts at 9 a.m.** and both runners and walkers are welcome. Adults and children, including babies in their Baby Joggers are encouraged to run and walk their way to good health. This race is open to everyone and is **FREE**.

The race will take place on the Sports Park track. The surface of the Sports Park track is finely ground rock dust, a great surface for walking, running and strollers.

Walkers are asked to start from the back of the line to allow runners to achieve their best time. No dogs or bikes are permitted on the track during race time. This is for the safety of all our runners, walkers and joggers.

For more information please call Jay Nelson at 250-4260 or email him at jaynelson@buncombecounty.org

Sponsored by Buncombe County Parks, Greenways and Recreation Services.
“Giving You Great Places and Good Times!”

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