



## Are You Wired to Run?

Written by media relations  
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Registration is now open for the Wired to Run 5K Race and 1-Mile Fun Run on Saturday, June 5, 2010, at Old Dominion Baptist Church in Bristow. The 1-Mile Fun Run begins at 8:00 am, and the 5K race begins at 8:30 am, rain or shine. A race with partial shade is quite a treat in early June. The beautiful single track course runs along a rolling trail, next to Broad Run Creek, and through the woods. This 5K race is chip-timed.

Proceeds from the event benefit Moms for Safe Wireless, a 501 (c)(3) non-profit organization that educates people about wireless products and how to use them more safely. The organization focuses on children, whose bodies absorb more electromagnetic radiation than adults.

According to Patrick King, founder of ImagineDesign, "Community engagement is essential for wide-spread positive change, and Moms for Safe Wireless is an organization proactively creating that change. Since a driving aim of Moms for Safe Wireless is in the health of our communities, a 5K race is a perfect opportunity to engage everyone in that interest. We are very excited about being a sponsor of the Wired to Run 5K, and to help Moms for Safe Wireless to further educate the public on safer ways to use wireless technology."

This family-fun event will be held at Old Dominion Baptist Church and is located at 9560 Linton Hall Road in Bristow, VA. Challenge your families and friends to improve their fitness and beat each other at the finish line. There will be an exhibit fair, DJ (Bobby G of Bobby G's Disk Jockeys), food, and door prizes. Children can also make posters to cheer on their parents in the 5K race.

The Fun Run is a great way for children and adults to experience a race and build motivation and excitement for running. As runners cross the finish line, Bobby G will play the musical theme from Rocky! The Fun Run will not be timed, but each fun runner receives a medal. The cost of the Fun Run is \$10 for all ages.

5K runners registering by May 20 receive a t-shirt. Trophies will be awarded to the 1st and 2nd overall winner 5K Race winners and winners in each of the following age categories: under 10, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, and 60+.

The cost for the 5K race are as follows: \$25 for runners 12 years old and older, \$20 for runners 12 years old and younger, and \$30 for those registering after May 30. Register at [www.active.com](http://www.active.com) by searching for the "Wired to Run 5K". Race packets can be picked up at the race location before the race between 7:00 am and 8:00 am.

*For more information and sponsorship opportunities, contact Christine Hoch at [choch@momsforsafewireless.org](mailto:choch@momsforsafewireless.org) or 703-431-1558.*