



Southeastern Idaho Public Health

FOR IMMEDIATE RELEASE

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CONTACT

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Mom 'n Me 5k Fun Run/Walk Celebrates 11 Years

In its 11th successful year, Southeastern Idaho Public Health (SIPH) will again host the Annual Mom n' Me 5k Fun Run/Walk. The event will take place on Mother's Day, **Sunday, May 13, 2018, at the Portneuf Wellness Complex**. The Mom n' Me 5k Fun Run/Walk is an effort to create a healthy tradition for friends and family on Mother's Day. It is not competitive & is untimed. We do this so that everyone and all abilities can participate, said Dana Solomon, Mom 'n Me Organizer.

Early Bird Registration closes on May 1st to guarantee a t-shirt. On-site registration for the event will begin at 9:30 a.m. with the 5k run/walk beginning at 10:00 a.m. To register on-line, visit www.siphidaho.org or download a registration form and deliver it to Southeastern Idaho Public Health, 1901 Alvin Ricken Drive, Pocatello. The cost for the event is \$10 for an individual, \$35 for a team of four. Children 5 & Under are FREE. Shirts are optional for children 5 and Under and the cost is \$7.50.

This year during the event we will be hosting a diaper drive for the Idaho Diaper Bank. Please donate diapers to help families in southeast Idaho. After the event, refreshments are served, raffle prizes are awarded, and flowers will be provided to participants. "We encourage the community to start this Mother's Day off right with an experience you will remember for years to come," said Solomon.

** Important Things to Know **

- Register by Tuesday, May 1st, 2018 to guarantee a t-shirt.
- Early registration shirt pick-up will take place on **Friday, May 11th** at SIPH
- Shirts are **NOT** guaranteed for on-site and late registration.
- Bring diapers to donate to the diaper drive.
- For safety reasons, please leave your pets at home.

For more information, please contact Dana Solomon at Southeastern Idaho Public Health at 239-5256 (dsolomon@siph.idaho.org) or visit www.siphidaho.org.

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