

April 23, 2012

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Register online to participate in the Get Going With Glenn Community 5K and Fun Walk on Saturday, May 5. Online registration is available at <http://behealthy5k.athlete360.com>. Click on Be Healthy Community 5K and Fun Walk, Burleson, Texas.

Glenn Keller is a Burleson resident who was picked for the CNN Fit Nation Triathlon Challenge in September.

The City is sponsoring the Get Going With Glenn Community 5K and Fun Walk at the Bartlett Park Sports Complex (home to the BRiCk), 550 N.W. Summercrest Blvd. Registration starts at 7 a.m. The Fun Walk steps off at 8:30 a.m. The 5K follows at 9 a.m. for those who want to do both events.

The 5K run is USA Track and Field (USATF) certified and will be professionally timed by Cox Racing Services. It will start at the park and run along Summercrest Boulevard, Rand Street, Sandra Lane, Betty L. Lane, Patty B. Lane, Newton Street, Murphy Road, Parkview Drive, Bryan Drive, and Tanglewood Drive.

The 1 mile Fun Walk will take place on the trail that circles the BRiCk and ballfields at Bartlett.

Registration for the 5K is \$20 for adults (14 and older) through April 30; \$25 for adults, May 1-4; and \$35 for adults on race day. Children (13 and younger) can participate in either the 5K or the Fun Walk for \$10. The adult fee for the Fun Walk is \$20. Runners and walkers may pick up packets at the Cinco de Mayo festival on Friday, May 4, 6 p.m.-11 p.m. in Old Town Burleson. Packets may also be picked up at Bartlett Park Sports Complex the morning of the run.

Keller, 51, is one of seven CNN viewers selected to be part of Fit Nation. They will compete in the Nautica Malibu Triathlon in September. Keller is a truck driver and pastor of Making A Difference Ministry.

Keller is joined by Rick Morris, a web developer and volunteer firefighter from North Carolina; Denise Castelli, an office manager from New Jersey who lost her leg to an infection following an accident in a collegiate softball game; Jeff Dauler, a radio host from Georgia; Adrienne LaGier, a high school teacher from

Maryland; Nancy Klinger, a clinical research manager from Minnesota; and Carlos Solis, an elementary school teacher from California.

Through CNN Fit Nation, all seven received a road bike and all of the accessories, a wet suit, and a gym membership. CNN is paying for Keller's gym membership to the BRiCK. The City is allowing CNN to monitor Keller's progress while he uses the BRiCK. In return Keller and the other six finalists blog, tweet and share their workouts until the Nautica Malibu Triathlon. In that triathlon, the seven will swim a half mile in the ocean, bike 18 miles and run four miles.

The May 5 event is part of the City's Be Healthy Initiative. Sponsors include Huguley Memorial Medical Center, City Market, Honda, United Cooperative Services, McClendon Construction and First National Bank.

For more information about sponsoring or volunteering for the Get Going with Glenn Community 5K and Fun Walk, call Kellye Cunningham, assistant to the city manager, at 817-426-9682.