



NEWS RELEASE

FOR IMMEDIATE RELEASE

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Fall Running Events Fire up Anchorage Youth

Anchorage, Alaska – (Sept. 6, 2007) – While TV, the Internet and video games continue to lure kids off the playground and onto the couch, youth obesity rates are on the rise – threatening the health of a generation and uniting community organizations to make physical fitness a priority for Alaska youth.

Conceived in 2003 by concerned parents, ConocoPhillips Healthy Futures is a statewide, grassroots movement to get Alaska youth in the habit of daily physical activity through two core programs – the Healthy Futures Activity Log and promoting youth attendance at community recreational events.

As added incentive, kids who participate in three or more Healthy Futures events by May 31, 2008, become eligible to win one of two sporting equipment packages of their choice – a value of up to \$500. For more information and a complete list of events, visit www.HealthyFuturesAK.org

Fall Healthy Futures Events:

- 6:30 p.m., Tuesdays, Sept. 4 - Through Oct. 30, 2007
Tuesday Night Race Series
A fall family tradition for both competitive and non-competitive runners. Three separate courses are set each week at unique locations and kept secret until just prior to the start. The weekly entry fee is \$2 kids, \$5 adults, \$10 family. Season passes are available. Schedule and locations will be available online at www.muni.org/parks/tuesday.cfm. Register in advanced at www.active.com or 5:30 – 6:15 p.m. race day.

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- 10 a.m., Saturday, Sept. 15, 2007
South Anchorage Elementary Schools Cross-Country Jamboree, Service High School. The largest elementary school race in Alaska. One mile or less, mostly flat course, staggered for different age groups. Register on site, 9 a.m. Staggered race starts begin at 10 a.m., No entry fee 742-5650
- 10 a.m., Saturday, Sept. 15, 2007
Titan Trail Run, Teeland Middle School, Wasilla
100 yards for ages 4 and under, 1.2 miles for K-6 and a 2.4-mile or 5-mile rugged, single trail track for all. Register race day, entry fee: \$10 /\$15. 352-7500.
- 10 a.m., Saturday, Sept. 22, 2007
Huffman Community Family Fun Run, Huffman Elementary School
A fun 3K run/walk on rolling terrain (The first half mile of the race course was built by hand by a group of Huffman teachers, parents and kids). Register on site, 9 a.m. No entry fee/donations accepted. 742-5650
- 5:30 p.m., Thursday, Sept. 27, 2007
Beach Lake Trials Cross-Country Jamboree, Birchwood ABC
A race across various terrain, hills and trails with staggered starts and varied distances set for different age groups. Meet 4:30 p.m., staggered race starts begin at 5:30 p.m. No entry fee. 742-3454
- 5:30 p.m., Friday, Sept. 28, 2007
North Anchorage Elementary Schools Cross-Country Jamboree, Bartlett High School. Race through rolling hills at varied distances for different age groups. Meet 4:30 p.m., staggered race starts begin at 5:30 p.m. No entry fee. 742-1750. Early registration and bib pick up, 5 - 7 p.m., Wed, Sept. 26, 2007, at the Baxter Elementary School gym.

ConocoPhillips Healthy Futures is a statewide, grassroots movement to empower Alaska youth to get in the habit of daily physical activity through two core programs – the Healthy Futures Activity Logs and promoting youth attendance at local fitness events. Visit www.HealthyFuturesAK.org.

Healthy Futures is supported and administered through the Alaska Association of Health, Physical Education, Recreation and Dance (AKAHPERD) and made possible by ConocoPhillips Alaska, Inc. For more information on AKAHPERD visit www.akahperd.com.

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