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Friendship City race encourages healthy life

Group wants Erlanger residents to walk more

BY SARAH HARDEE | ENQUIRER CONTRIBUTOR

ERLANGER - Runners and walkers of all ages can register for this city's second annual Friendship City 5K race.

The race, which is set for Aug. 27, will benefit Step Forward, Erlanger - a citywide initiative to make the city a more walker-friendly community and connect people through physical activity.

Under Step Forward, the city is working to build sidewalks and started a Safe Routes to School program in collaboration with the Erlanger-Elsmere district.

ADVERTISEMENT "We want people to get out and get active to stay healthy," said Kathy Cahill, the city's parks and recreation and community development coordinator. "This 5K race is a great way to promote the project and help fund upcoming projects."

The race will also kick off the city's new Sunday Family Walk program, Cahill said, which calls for families to designate time each Sunday to walk their neighborhoods and meet other residents, while setting a healthy example for their children.

The 5K race is unique because it is part of a larger program to keep Erlanger residents healthy through walking and running, race coordinator Greg McCormick said.

"It is part of a greater project...and a nice race for families," he said.

The mostly flat route begins and ends at the Erlanger branch of the Kenton County Public Library on Kenton Lands Road. It winds through residential areas of historic homes and the Erlanger Historical Railroad Depot area, McCormick said.

"It's a great course that's for everyone," he said. "We're encouraging families and individuals to sign up."

To pre-register or for more information, visit McCormick's Web site, www.runningtime.net, or call Cahill at 727-7955.

"Last year, we had about 80 runners and walkers and we're hoping for a lot more this year," Cahill said. "It's a really fun race for a good cause."

Want to race? Here's your shot:

Registration the day of the race begins at 6:30 a.m. The race will begin at 8 a.m.

Awards will be given to best overall male and female runners and walkers and the top 15 percent of each age group.

Entry fee: \$15 pre-registration. \$20 race day. All entries include a T-shirt while supplies last.

Family rate: \$25 pre-registration. \$35 race day. Family applications must be submitted together.