



Boise, Idaho | 09.26.15

FOR IMMEDIATE RELEASE

National Running Day – FitOne 5K/10K/Half Marathon Registration Launch

Fifteen dollars any distance for twenty-four hours only, plus kids 12 and under FREE with a paid adult

BOISE, IDAHO – May 29, 2015 – Wednesday June 3rd is National Running Day and in celebration FitOne is opening registration for the 5K, 10K and Half Marathon in Boise. All running events take place September 26th in the heart of the City of Trees.

FitOne's National Running Day registration launch is a 24-hour event held at the [The Village at Meridian](#) Fountain Square, and participants are invited to register for a discounted price either online at [FitOneBoise.org](#) or in person. Registration is \$15 for any distance if purchased between 12:01am and 11:59 pm on Wednesday, June 3rd only.

To join in the festivities on National Running Day, an online link to schedule 15 or 30 minute (or longer) time slots to run, walk or ride on treadmills and spin bikes provided by R.C. Willey and Axiom Fitness is available on the [FitOneBoise.org](#) website. Participants can enter to win hourly prize drawings like Bluetooth sports headphones, OGIO duffle bags and more. Everyone is invited to kick off their healthy summer by bringing their friends and family out for this fun event.

"We're excited to continue a tradition and launch registration for the FitOne 5K, 10K and Half Marathon on National Running Day," said Heather Hill, Director of FitOne. "It's a unique opportunity to engage our communities in this coast-to-coast celebration of running, and to encourage walkers and runners alike to kick off a healthy summer with a goal marked on the calendar for September 26th."

FitOne also hosts a two-day Healthy Living Expo September 24th – 25th at the Boise Centre, where participants pick up their race packets and everyone is invited to interact with FitOne sponsors, cooking demonstrations, fitness classes and activities, and health and wellness related vendors. Proceeds from FitOne benefit St. Luke's Children's Hospital, Idaho's only children's hospital.

For more information regarding FitOne please download the free FitOne mobile app in your app store, or visit [FitOneBoise.org](#).

About FitOne

FitOne's mission is to build healthier communities through fun, active living. FitOne is produced and sponsored by St. Luke's Health System based in Boise, Idaho, and will continue to evolve as a year-round platform providing resources and opportunities to support active, healthy living 365 days a year. The FitOne Family 5K Run, Walk and Stroll, 10K and Half Marathon take runners and walkers through the heart of Boise. The title beneficiary for FitOne is St. Luke's Children's Hospital, Idaho's only children's hospital. Key sponsors of the event are KTVB, Townsquare Media, Idaho Dairy Council, KeyBank, SelectHealth, Albertsons and the Idaho Statesman.

###