



## FOR IMMEDIATE RELEASE

### For additional information contact:

Heather Hill, Director

208-381-2236

[hillh@slhs.org](mailto:hillh@slhs.org)

### **Important Registration Deadlines for FitOne 5K, 10K & Half Marathon - Sunday, September 14**

*Last day for kids 12 and under free registration and team registration counts taken for awards*

**BOISE – September 11, 2014** – This Sunday at midnight marks the deadline for kids 12 and under to register for free with a paid adult, and for team leaders to recruit and register team members to count towards 2014 FitOne team leader awards.

As a means to provide accessibility to families across our communities, St. Luke's and FitOne offer free registration for children 12 and under to participate in the FitOne 5K Family Run, Walk & Stroll with a paid adult – if they register by Sunday, September 14. Adults may register up to three children 12 and under for free. The registration fee for children 12 and under will go up to \$10 per child on Monday, September 15.

Final counts for all Friends & Family and FitOne Corporate Challenge teams will be taken at midnight on Sunday, September 14. Team members may register after this deadline, but will not count towards team totals. Participants in the 5K, 10K and Half Marathon may be on the same team. More details and team information is available at [FitOneBoise.org](http://FitOneBoise.org).

Prizes are at stake for the team leaders of the largest teams to participate in FitOne. The winning [Friends & Family Team](#) Captains will receive one-, three-, or six-month memberships to Axiom Fitness based on team totals. The [FitOne Corporate Challenge](#) is new to the event this year, with 33 teams participating in six different company-size categories. The winning Corporate Challenge Team Captains in each category will receive a 3-month membership to Axiom Fitness, and the first place team in each size category will receive recognition through FitOne advertising and promotional materials.

Anyone can join the St. Luke's Children's Hospital Team at any time. The cost for this team is \$10 more than the standard registration fee. The additional \$10 is a direct donation to St. Luke's Children's Hospital and qualifies you for a special event shirt. The \$10 amount above and beyond the regular registration fee is tax deductible to the extent allowed by law.

Online registration for the FitOne 5K, 10K and Half Marathon is open through Wednesday, September 17 at midnight. Registration will be available at the FitOne Expo on Thursday, September 18 from 4:00 p.m. to 9:00 p.m. and on Friday, September 19 from 9:00 a.m. to 8:00 p.m. at the Boise Centre.

Registration for the 10K and Half Marathon distances will be capped at 1,700 each. Race day registration at Capitol Park near the start line is only available for the 5K distance.

Visit [FitOneBoise.org](http://FitOneBoise.org) to learn more, register or volunteer, September 18-20, 2014.

### **About FitOne**

Produced and sponsored by St. Luke's Health System, Idaho's only community owned Health System, the FitOne 5K Family Run, Walk & Stroll, 10K and Half Marathon takes place September 18-20, 2014 in Boise, Idaho. The title beneficiary for the event is St. Luke's Children's Hospital. FitOne is like a picture postcard of Boise. All three courses take runners and walkers from the steps of the State Capitol in the heart of the city, along historic avenues and the Boise River, and finish in Ann Morrison Park. The 2-day FitOne Expo offers activities, entertainment, education and free health screenings to all registered participants, and is free and open to the public. Key sponsors include KTVB, Idaho Dairy Council, KeyBank, SelectHealth, Townsquare Media, Idaho Statesman and Healthy Idaho Magazine. To learn more and to register or volunteer, please visit [FitOneBoise.org](http://FitOneBoise.org) or call 208.381.2221. To learn more about St. Luke's Health System, visit [StLukesOnline.org](http://StLukesOnline.org).

###