



Holiday 5K/FunRun and FamilyFest November 21, 2009 in Plano

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Plano, TX, October 26, 2009 - It will be one healthy way to get ready for the holidays on November 21, 2009 when The Holiday 5K/FunRun and FamilyFest comes to The Amphitheater at Oak Point Park, 2801 Spring Creek in Plano. Awards will be presented to the runners for speed, but also for holiday costumes and holiday spirit.

In addition to the 5K/FunRun, the Family Fest will offer fun and fellowship. Activities will include a visit from Santa, a kids' playground, , live music, and free health information and screenings to include glucose, blood pressure and sight. Door prizes, raffles and gift certificates including two tickets to the Dallas Cowboy Thanksgiving Day game will be available.

Admission to Family Fest activities is free with a donation of a new unwrapped toy for the Plano Police Department's Christmas Toy Program. If no toy, admission is \$5 for adults, \$3 for children under 12. Proceeds from the run and raffles will benefit The American Heart Association and Plano African American Museum.

Pre-registration for the 5K/Fun Run is \$22.00 for adults and \$15.00 for children under 12 before November 12. After Nov. 11, registration is \$25 for adults. Day-of-race registration is \$30.00. A Family Package is available for \$64 before November 12 and for \$75 after. Free parking is available at Oak Point Park. Packets can be picked up Nov. 18-20 from 10 a.m. to 7 p.m. at Run On!
Dallas: 5400 E. Mockingbird Lane, #1114 (214) 821-0909
Richardson: 1469 W. Campbell Road (972) 231-8260

Or register online through Run On!

https://secure.getmeregistered.com/get_information.php?event_id=2808.

Event Schedule

7:30-8:30 a.m.: Race Day Registration and Packet Pick UP

8:30 a.m.: Holiday Warm Up

8:45 a.m.: 5K/Fun Run

10:15 a.m.: Awards

10:15 a.m.: Family Fest

The major sponsors of the event include: Run On! CapitalOne Bank, DART, RadioDisney, Jeff Jenkins Signature Homes.

About the Community Partners

The American Heart Association - to support efforts to reduce disability and death from cardiovascular diseases and stroke. For more information, visit www.americanheart.org.

Plano African American Museum (PAAM) - heritage preservation programs and projects including the restoration of a 125-year-old Community Church. For more information, visit www.aamplano.com.

Plano Christmas Cops Toy Drive - to support efforts to bring holiday joy and cheer through the gifts of toys for needy kids in the Plano and surrounding communities. See www.christmascops.org for more information.