

## **LIVE IN-PERSON RACING WITH THE “MOM, THIS RUN’S FOR YOU” 5K AND 5-MILER ON MAY 9 (MOTHER’S DAY)**

### ***PROCEEDS FROM THE RACE SUPPORT HEALTHY KIDS RUNNING SERIES WHO ENCOURAGE KIDS TO LEAD AN ACTIVE AND HEALTHY LIFESTYLE***

Families from the tri-state area are encouraged to start a new tradition with their MOM and race in person in the family-friendly “Mom, This Run’s For You” 5K or 5-Miler at Bayard Rustin High School, 1100 Shiloh Road, West Chester, PA, on Mother’s Day (Sunday, May 9). Heats will begin at 8:45 a.m. and heats for the Monster Mayhem 5K at 9 a.m.

All runners can start their Mother’s Day by dedicating this to the woman they love and show their mom how much she means to them and their family.

All proceeds of the Mom, This Runs For You 5K or 5 Miler support Healthy Kids Running Series programs ensuring kids can maintain an active and healthy lifestyle.

Registration includes a pink Mom, This Runs For You Tech-T shirt. Medals will be awarded to first, second and third place finishes within each male/female age group. Registration can be made in advance at <https://runsignup.com/Race/PA/WestChester/MomThisRunsForYou5k>

Sponsorship options are available by emailing [info@HealthyKidsRunningSeries.org](mailto:info@HealthyKidsRunningSeries.org).

Masks are required to be worn by spectators and attendees while onsite. Hand sanitizer will be provided onsite as well to help keep all families safe and comfortable during race day.

The Healthy Kids Running Series is a twice-a-year five-week program in both fall and spring with age-appropriate race distances for children between two years of age and 14. Kids compete each week in-person or virtually, on a course of their choosing.

Healthy Kids Running Series impacts more than 60,000 youth runners in 300+ communities across the United States. Healthy Kids Running Series engages communities and families by providing an inclusive youth running experience, inspiring kids to believe in themselves and lead an active healthy lifestyle. Learn more at [www.HealthyKidsRunningSeries.org](http://www.HealthyKidsRunningSeries.org).

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