To:  Local News Media  
From: Central Michigan District Health Department  
RE: Together We Can! Trot (5K Walk/Run)  
Release Date: May 13, 2013  

The Central Michigan District Health Department, in collaboration with the Mt. Pleasant Summer Festival, is hosting the second annual Together We Can! Trot. This event is a 5k walk/run that will take place on June 8th, 2013, beginning at Island Park, going through the trail system and ending back at the park. Registration begins at 7 a.m. and the race begins at 8:15 a.m. Pre-registration is $20 until June 5th, while registration the day of the event is $25. Participants can pre-register by visiting www.cmdhd.org/5kregistration or by picking up a registration form at Central Michigan District Health Department. Registered participants may pick up their race/walk packet on Friday, June 7th between the hours of 8:30 a.m. to 12 noon and 1 p.m. to 6 p.m. at Central Michigan District Health Department 2012 E. Preston Avenue, Mt. Pleasant. Awards will be given to the overall female/male finisher and top finisher of each age bracket. All proceeds from the race will go to benefit the Together We Can!, which is an initiative that works towards making our communities healthier through improving health and promoting wellness.

If you have questions or would like to volunteer to help the day of the race, please contact CMDHD at 989-773-5921 ext. 8440.

Together We Can is a community project aimed at improving health status in the central Michigan counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. For more information LIKE Together We Can Health Improvement Council on Facebook, visit our website at www.together-we-can.org or email us at TogetherWeCan@cmdhd.org.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon. Visit our website at www.cmdhd.org and LIKE Central Michigan District Health Department on Facebook.

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