

2013 Fun, Flirty and Fabulous 5 & 5 Run Fact Sheet

- **Fun, Flirty and Fabulous 5 & 5 Run.** The first annual Fun, Flirty and Fabulous 5 & 5 Run is promoting wellness and self-confidence in women. Fun, Flirty and Fabulous encourages women to find their passions and share them with the world in an effort to inspire other women to embrace their greatness.
- **What Makes the Fun, Flirty and Fabulous 5 & 5 Run Different from Other Events.** What sets *Fun, Flirty and Fabulous* apart from other races is that the purpose of the race is to encourage women to find their greatness and share it with others. The 5 mile/5k combo ensures that seasoned runners are able to compete and bring a less experienced friend to the 5k. Through sharing a love of running and exercise, the Fun, Flirty and Fabulous 5&5 is an event dedicated to promoting self-awareness and bolstering confidence through women supporting women. The ultimate goal of the race is for women to touch, move and inspire each other in an important area of their lives so that women can realize their greatness. In addition, 75% of the profits from the race will go to the B the Light - Living Water International fundraising campaign. www.Water.cc with the other 25% of the profits back to fund next year's activities.
- **What's Happening with The Fun, Flirty and Fabulous 5 & 5 Run.** The race will take place on Sunday February 17, 2013 in Forest Park. Interested runners can register online at www.funflirtyandfabulous.com. The registration fee for 5k runners is \$30; the fee for the 5 mile runners is \$35. The cost of registration includes t-shirt, race bag, as well as, entry for assorted prizes. Registered runners can pick up their race bags Saturday, February 16, 2013 from 10:00 AM to 5:00 PM at the West County location of Big River Running.
- **Who is Involved:** Sponsors include:
 - Dustin Commer Graphic Designer
 - Jazzercise – South County
 - Whole Foods Market
 - Run Well Coaching
 - Save a Lot Food Stores
 - Sports Authority
 - Precision Health Group
 - Einstein Bros. Bagels
 - Power Fit – David Hood
 - Michelob Ultra
 - The Little Gym of Fenton
 - Sugar Magnolia Boutique
 - Advocare
 - Dr. Amy Richard
 - ABW Digital
 - SET Environmental, Inc.
 - Road ID
 - Living Water International
 - Consuming Kinetics Dance Company
 - Nerium International
 - Nanny Nurse Network
 - Hollywood Tan
 - Environmental Operations Inc

