Fun-Flirty-Fabulous
News Release
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Contact: Shannon Schindler (314-494-7187)
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Fun, Flirty, and Fabulous 5 & 5 Run To Take Place in Forest Park

Race Committed to Ensuring Women Know Their Greatness to Take Place February 17, 2013

SAINT LOUIS, MISSOURI (February 4, 2013) – Together with Jazzercise, Whole Foods Market and other sponsors, the Fun, Flirty, and Fabulous 5&5 Run on Sunday February 17, 2013, is promoting women knowing and embracing their greatness. The 5 mile/5k combo ensures that seasoned runners 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.

"I am committed that all women know their greatness," said Fun, Flirty and Fabulous founder Shannon Schindler, "We want to touch, move and inspire women in an area of life important to them. Have them see themselves as worthy & beautiful. Have them take on something in their life they ordinarily wouldn't have and share that with someone else".

Shannon's journey to founding Fun, Flirty and Fabulous began in 2010, overweight and depressed, a friend asked her to run a half-marathon. Initially she balked, until her friend said, "If you can run 3 miles, you can run 13". Training started shortly afterward and through the support and accountability through other women, she made it through the first half-marathon. Shannon then began working with the Landmark Education's Self-Expression and Leadership Program. She was able to move beyond past hurts, heal her family and began working to empower women. Shannon's passion to inspire and encourage women the way she was encouraged gave birth to the Fun, Flirty and Fabulous 5&5 Run.

By promoting a community of women supporting one-another Fun, Flirty and Fabulous resides in the knowledge that all women should know and embrace their innate greatness. Often times, women are bogged down by the day-to-day obligations in their lives and in-turn, forget the power and extraordinary greatness inside themselves.

Fun, Flirty and Fabulous 5&5 Run, taking place on Sunday February 17, 2013, encourages women to get out and get moving, find their passion and share that passion with the world. All the while encouraging other women to do the same and find confidence in themselves and their abilities.

Interested runners can register online at www.funflirtyandfabulous.com. Seventy-five percent of proceeds are dedicated to the B the Light- Living Water International fundraising campaign.

---www.funflirtyandfabulous.com---

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