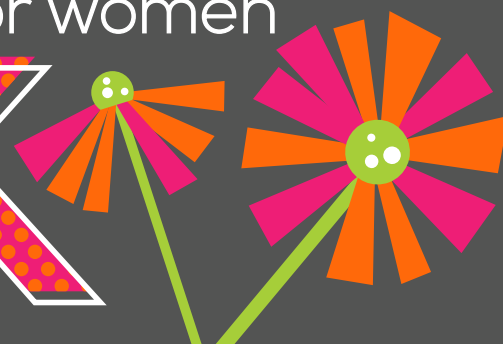


Mother's Day



may 14, 2017

5K run/walk for women



Quick Facts

- Kansas City's only run/walk exclusively by women, for women.
- 4,000 participants, all ages and fitness levels.
- Strong presence in social media.
- Women's Training Team, offered in partnership with Shawnee Mission Medical Center.
- Premium t-shirts, finisher awards, and other perks to attract and reward participants.
- Family Fun Zone for dads and kids.
- A portion of each race fee benefits the American Heart Association Go Red for Women campaign.
- Our goal: to inform, motivate, and inspire women and girls to exercise for better health.



Why we care...

- Heart disease is the leading cause of death in women. Thirty minutes of exercise most days of the week improves cardiovascular fitness and reduces the risk of heart disease.
- Exercise helps control high blood pressure, blood cholesterol, diabetes and obesity, and reduces the risk of osteoporosis, some cancers, and depression.
- Mothers who exercise are more likely to have children who exercise. Childhood obesity rates have tripled since 1980. Obese children have increased risks of developing heart disease as adults.
- Girls who are physically active are less likely to smoke or get pregnant as teenagers. They have higher self-esteem and are more likely to graduate from high school.



KC EXPRESS.ORG

Kansas City Express, a running and walking club for women, hosts the Mother Day 5K as a community service project. Learn more at kcexpress.org.