



## NEWS RELEASE

For Immediate Release

**For additional information contact:**  
**Tanda Weeks**  
**5K Race Coordinator**  
**208-381-2243**  
**weekst@slhs.org**

### **St. Luke's Women's Fitness Celebration announces Prestige Time Seeding!**

Expect to run the 5K in under 25 minutes? We listened to you!

New this year, you'll find a special Celebration Start Line area for those participants who want to challenge themselves on an uncongested course. Qualifying runners will be given access to a warm up area and will then move to the front of the Red Wave prior to the start.

As always we continue to encourage Idaho female residents that can verify a time of less than 21 minutes for a 5K course to register for the Celebration Elite Run Division. **Please note: the Prestige Red Wave is different from the Elite Run Division as those Idaho residents running in the Elite Run Division are eligible for Idaho Elite prize money.**

Female athletes that can verify a time of less than 25 minutes for a 5K course (but have not yet reached the 21 minute Elite standard) are invited to be a part of the **Prestige Red Wave**. Register online in the RED WAVE and be sure to ask for your **Prestige Pass** when you pick up your race number at the Celebration Women's Show, September 23 & 24, 2010.

Register today for both the Prestige Red Wave and the Elite Run Division at [www.celebrateall.org](http://www.celebrateall.org) or please mail forms to St. Luke's Women's Fitness Celebration, 608 W. Hays, Boise, ID 83702.

**The largest 5K for women in America starts right here in Boise.** The 18<sup>th</sup> Annual St. Luke's Women's Fitness Celebration will be held Saturday, September 25, 2010. For more information about the Celebration 5K, visit [www.celebrateall.org](http://www.celebrateall.org) or call (208) 381-2221.