



News Release

FOR IMMEDIATE RELEASE

Contact: Lisa Hamm-Greenawalt
Communications & Outreach Manager
Work: 303.321.6363 x218
Cell: 720-971-9460
Email: lhamm@parentpathways.org

Healthy Families the Focus of Parent Pathways’ “Miles for Moms” Run/Walk May 8

Anthem Blue Cross to Provide Free Health Screenings

DENVER – April 29, 2010 – Anthem Blue Cross and Blue Shield of Colorado and the Denver Fire Department will help Parent Pathways celebrate healthy families at the 2010 “Miles for Moms” Run/Walk commemorating the 25th anniversary year of the Florence Crittenton School, on Saturday, May 8, 2010, at Central Park-Stapleton.

Anthem Blue Cross and Blue Shield of Colorado is bringing its Anthem Health Fair screening bus offering free health evaluations, including a full lipid panel; weight, height and waist measurements; blood pressure test; and Body Mass Index analysis.

For the little ones, the **Denver Fire Department** is providing a fire truck and giving out fire safety coloring books and plastic fire hats.

The “Miles for Moms” Run/Walk 5K and 2K race, held annually on the Saturday of Mother’s Day weekend, is the largest fundraiser of the year for the nonprofit Parent Pathways, which operates the Florence Crittenton School, a DPS alternative school serving pregnant and parenting teens and their families. Community participation through running, fundraising, donating and/or volunteering for the race supports Parent Pathways’ wraparound services, which empower struggling teen parents to be productive members of the community.

Next Saturday’s race, **PCL Construction** and **First Bank**, marks its second year in Central Park-Stapleton, located at E. Martin Luther King Blvd. and Xenia. ([MAP.](#)) Race day registration opens at 8 a.m., and both races both start 9 a.m.

Individuals: Participants can register individually online at <http://www.firstgiving.com/parentpathways>, with options to register for the race only, or set up an online fundraising page and help raise money for Parent

More

Parent Pathways “Miles for Moms” Run/Walk, Page 2

Contact: Lisa Hamm-Greenawalt, 303.321.6363 x218, lhamm@parentpathways.org

Pathways and its vital work to help teen families.

Teams: Those interested in forming a fundraising team should go to the “[Create a Team](#)” page on the Parent Pathways website. We encourage everyone to try to raise at least \$25 (in addition to the registration fee) to honor the 25th anniversary of the Florence Crittenton School!

Fees: Race fees are \$25 for individuals (day of race - \$30), \$15 for students aged 6-17 (day of race - \$20), and free for children five and under (no T-shirt).

Prizes: Prizes will be awarded to the top 3 men and women (5K), top 3 boys and girls aged 6-17 (5K), fastest stroller runner, as well as to top individual and team fund-raisers, largest team and most creative team identity/attire. In addition, anyone who donates \$25 or more (in addition to the registration fee) receives a Mother’s Day card designed by Florence Crittenton School student Mayra Lozano, who won a school-wide competition to design the race t-shirt and card.

Post-Race Activities: In addition to the Health Fair bus and fire truck, Parent Pathways will have student-designed notecards and student-painted flower pots for sale, face painting for kids, and a table where children can create Mother’s Day cards. All participants will enjoy a feast of bagels donated by Einstein Bagels and Mountain High Yoghurt.

More information about the “Miles for Moms” Run/Walk can be found online at http://www.parentpathways.org/run_walk.html.

About Parent Pathways

Parent Pathways is a Denver-based non-profit that empowers struggling teen families to be productive members of the community. Using a holistic and proven approach, Parent Pathways offers a spectrum of wraparound services for the entire teen family, including education, health/wellness services, career guidance and parenting training for pregnant and parenting teen mothers at the Florence Crittenton School; early childhood education for their infants and toddlers at the Qualistar-rated Early Learning Center; and counseling, education and parenting support for teen fathers through the Young Fathers Program. Learn more at www.parentpathways.org.

#