



**+FORT GEORGE G. MEADE
MEDIA ADVISORY**

PUBLIC AFFAIRS OFFICE

4550 PARADE FIELD LANE

FORT MEADE, MD 20755

www.ftmeade.army.mil

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FOR IMMEDIATE RELEASE

Meade Elementary Schoolchildren to Run a 5K

EVENT: 'Girls Rock' students run in a 5K

WHEN: Dec. 5, 8 a.m.

WHERE: Fort Meade Pavilion, Fort Meade, Md.

ADDITIONAL INFORMATION: Forty elementary-age students will participate in the Fort George G. Meade Reindeer Run 5k race.

The students, all girls, are part of an afterschool club called 'Girls Rock', a program which pairs active duty Air Force women with young girls for the purposes of building self-esteem and promoting exercise and healthy food choices. Participation in the race is the culmination of months of training and preparation.

The Air Force participants have been training with the girls since September. The Girls Rock club has been awarded a \$1000 grant by the National PTA for their success in teaching the value of healthy living.

In addition to the Girls Rock participants, the public is invited to participate in this annual event which winds through the grounds of historic Fort Meade.

All visitors to the installation must have a valid photo ID and enter through the Reece Road visitors entrance.

DIRECTIONS: From state Route 295 North or South (Baltimore/Washington Parkway), take state Route 175 East exit. Continue east for two miles and turn right onto Reece Road. Access procedures can be found at www.ftmeade.army.mil.

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EDITOR'S NOTE: For more information, or if you are interested in covering this event, please contact Veronica Castro in the Fort Meade Public Affairs Office at (301) 677-1465/240-205-9065 or veronica.m.castro@us.army.mil

For more about Fort Meade, visit our Web site www.ftmeade.army.mil and look for Fort George G. Meade on Facebook and Twitter.