

MEDIA ALERT

FOR IMMEDIATE RELEASE

RENOWNED WOMEN ATHLETES RUN WITH GIRL SCOUTS AT FITNESS EVENT

**World's Fastest Woman Carmelita Jeter, Olympian Althea Moses,
Ironman Triathlete Nadia Ruiz, and KidTribe Founder Kellee McQuinn to appear at
Girl Scouts of Greater Los Angeles' Family Fit Fair & 5K Run/Walk, Oct. 17**

WHAT: As a way to celebrate wellness and encourage families to have fun staying healthy and fit together, Girl Scouts of Greater Los Angeles (GSGLA) is hosting its Second Annual Family Fit Fair & 5K Run/Walk at El Dorado East Regional Park in Long Beach, Oct. 17. Special guests include **Carmelita Jeter**, the world's fastest woman; **Althea Moses**, Junior Olympic Gold Medalist and Track Olympian; **Nadia Ruiz**, Ironman Triathlete; and **Kellee McQuinn**, founder of KidTribe. At the event, more than 1,000 Girl Scouts and their family and friends will take part in a costumed (Girl Scout spirit!) 5K challenge course, which includes fun "obstacles," like an inflatable course, aerobic workouts, and more. (Little ones will enjoy a 2K Tot Trot.) Besides the run/walk, attendees will try out cardio hip-hop, extreme hula-hooping (Hoop-a-Palooza), and Zumba at the Nestlé Fitness Stage; explore archery and interactive activities at the health-happy exhibit area; and enjoy healthy food trucks, contests, raffles, and more. The event is made possible by Nestlé and Ralphs Food 4 Less. *(Note: Registration for this Girl Scout event is closed; but media is invited.)*

WHEN: **Saturday, Oct. 17, 2015, 10 a.m. to 2 p.m.**

WHERE: **El Dorado East Regional Park, 7550 East Spring Street, Long Beach, CA**

FACTS:

- 1,000+ Girl Scouts and their families and friends are celebrating fitness by participating in tons of healthy interactive games and obstacle courses, plus a costumed 5K run/walk at Girl Scouts of Greater LA's second annual Family Fit Fair.
- Special guests/awesome role models at the event include athletes Carmelita Jeter, Althea Moses, and Nadia Ruiz.
- When girls join Girl Scouts they are able to participate in fun, empowering events like Family Fit Fair! For more information on how to join Girl Scouts, visit girlscoutsla.org.
- Right now, Girl Scouts of Greater Los Angeles is in great need of volunteers in order to serve more girls in the region. Visit girlscoutsla.org to find out how to get involved.
- Girl Scouts of Greater Los Angeles serves more than 40,000 girls throughout communities in Los Angeles County and parts of Kern, San Bernardino, and Ventura counties in partnership with more than 20,000 volunteers.

PHOTO/B-ROLL OPPORTUNITIES:

Great images of enthusiastic Girl Scouts, families, and volunteers running/walking a 5K in Girl Scout-spirit costumes; interactive fitness-related exhibits. Girl runners with professional athletes.



([Click here](#) for photos of last year's inaugural Family Fit Fair.)



(Photo: Carmelita Jeter, the fastest woman alive, will be at Girl Scouts of Greater Los Angeles' Family Fit Fair & 5K Run/Walk on Saturday, Oct. 17 in Long Beach.)

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