

FOR IMMEDIATE RELEASE

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TriCity Family Services Announces 3rd Annual Snowflake Shuffle 5K Run/Walk

Geneva, IL-TriCity Family Services (TCFS), with Presenting Sponsors, Harris Bank and Exelon Nuclear, is excited to host the 3rd Annual Snowflake Shuffle 5K Run/Walk on Saturday, December 3, 2011 in the Mill Creek subdivision in Geneva, IL. Last year, over 400 people participated and this year TCFS is expecting over 500 participants!

Bundle up and lace up your shoes for a race full of fun and holiday cheer! Start and end at the Mill Creek Clubhouse and enjoy a winter run through the streets of the Mill Creek subdivision. All ages, runners, walkers, strollers, teams, companies, schools and families welcome. Holiday costume and spirit are appreciated. Santa Claus will be in attendance!

The Snowflake Shuffle Check In begins at 7:00 AM, with the race starting at 9:00 AM. Youth Mile event will begin at 8:30 AM. Check in is located at the Mill Creek Clubhouse, 39W525 Herrington Drive, Geneva. Pre-registration fees are \$25 for Adults (Age 18+), \$15 for Children & Teens (Ages 6-17), and Free for Children (Age 5 and under). Youth Mile fee is \$10. Participants will receive a goody bag and a Snowflake Shuffle long-sleeve T-shirt. Registration fees after Nov. 23rd are \$5 more and shirts are not guaranteed.

The course is USATF certified. Split times will be given at every mile. Awards and refreshments will be immediately following. Awards will be presented to the top 3 males and females in each 5-year age division.

For more information, a course map, or to register online visit www.tricityfamilyservices.org. To register by phone, or if you have questions call the TriCity Family Services offices at 630-232-1070.

All proceeds from the Snowflake Shuffle benefit TriCity Family Services. TriCity Family Services (TCFS) is a private, not-for-profit, human service agency serving the community members and organizations of central Kane County. TriCity Family Services promotes family-centered mental health and wellness.