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NEWS RELEASE

Oct. 31, 2007

Contact: Carla Cox, UM health and human performance adjunct assistant professor, 243-4291, carla.cox@mso.umt.edu.

BEAT WINTER BLAHS AT FREEZER BURN RUN

MISSOULA—

The University of Montana's Health and Human Performance Program will hold its annual Freezer Burn Run on Saturday, Dec. 8.

The event begins at 10 a.m. at Frenchtown High School. It includes a half marathon (13 miles) and a 5-kilometer run/walk (3.1 miles).

Registration and a long-sleeved, race-logo T-shirt is \$15. Preregistration is required by Friday, Nov. 23, to get the T-shirt.

Registration with no T-shirt is \$5 for the general public and free for UM students with Griz Cards. Runners can register now or beginning at 9 a.m. at the Frenchtown School parking lot the day of the event.

Registration forms are online at <http://www.soe.umt.edu/hhp> or at the health and human performance office in McGill Hall Room 101, UM's Fitness and Recreation Center or the Runner's Edge at 325 N. Higgins Ave. in Missoula.

For more information, call UM Adjunct Assistant Professor Carla Cox at 243-4291 or e-mail carla.cox@mso.umt.edu.

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