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Media Alert

Get a Head Start on Fitness This Spring with “Lace Up & Go” at the SRC

- WHAT:** The Student Recreation Center (SRC) of the University Student Union (USU) is offering all Matadors to run, jog or walk to stay fit during this spring semester with *Lace Up & Go*. This fun and effective program is designed for every participant, beginner or experienced, to have an equal chance to win prizes. Create your Nike Run Club profile now and jog, run, or walk all 150 miles!
- WHO:** Alfredo Padilla, SRC Fitness Training Manager, is responsible for coordinating this event.
- WHEN:** Monday, March 29 to Sunday, May 9
- WHERE:** Nike Running app
- WHY:** This fitness opportunity offers all participants a chance to join a community that will keep them motivated to stay active this spring semester and win prizes.
- BACKGROUND:** Don't miss out on becoming a stronger, healthier you while getting a chance to win awesome prizes by participating in *Lace Up & Go*. To participate, just register from Sunday, March 14 to Sunday, May 9 through the SRC Portal and download the Nike Running app. Don't forget to add the USU as your friend on the app and push “Start” to track your distance. For more information on the SRC and the USU, please visit csun.edu/usu.

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The University Student Union (USU) is committed to inclusion, diversity and personal growth for all students while providing services such as study areas, a computer lab, TV lounge, prayer room, lactation room and wireless printing kiosks in addition to a variety of food options and a wide range of events. The USU includes the Student Recreation Center, Oasis Wellness Center, Pride Center, Veterans Resource Center, USU Board of Directors, Computer Lab, Games Room, USU Events and more. For additional information, please visit www.csun.edu/usu.