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FOR IMMEDIATE RELEASE

**Stroll for Your Goal This July with “Lace Up & Go”
from the Student Recreation Center of the USU**

Northridge— The Student Recreation Center of the University Student Union (USU) is excited to invite all Matadors to run, jog or walk to stay fit while social distancing during July with “Lace Up & Go”. From Monday, July 13 to Sunday, August 2, everyone at CSUN can participate in this fun fitness activity with the SRC to stay healthy and have a chance to win great prizes.

“The USU wants to support our CSUN community in staying active while remaining connected during this time of social distancing,” says Alfredo Padilla, Fitness Training Coordinator for the Student Recreation Center. “All participants in ‘Lace Up & Go’ will enjoy some fun and friendly competition with their fellow Matadors.”

“Lace Up & Go” will motivate all who participate to stroll for their goal by walking, running or jogging 50 miles before August 2 with all of your steps and miles tracked by using the Nike Run Club app, available through the App Store and Google Play. All participants can register by visiting the SRC website and signing up under Fitness Challenges from Monday, July 6 to Sunday, August 2. The three grand prizes include: a \$50 Lululemon gift card, a \$50 Amazon gift card, and a Workout Equipment Kit that’s worth more than \$50 and includes a pack of 4 mini bands, a medium resistance band, and a Triggerpoint STK hand-held massage stick!



After registering, participants must download the Nike Run Club App and add the Student Recreation Center CSUN – USU as a friend on their profile. The SRC will then automatically add you to “Lace Up & Go”. The first 50 people who register will receive a free SRC jump rope! This challenge is designed so every participant has an equal chance to win a prize, regardless of their experience level. Log your progress on the app daily to complete your total 50-mile goal. Winners will be contacted no later than Wednesday, August 12 and the winner must provide their mailing address by Wednesday, August 19. All prizes will be sent to the mailing address you provide. If no address is provided by the deadline, a new winner will be drawn.

Don’t miss the chance to stay active this summer with your fellow Matadors during “Lace Up & Go”. Remember to register on the SRC website through the Fitness Challenges page. For more information, please visit csun.edu/src.

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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.