



June 18, 2021

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FOR IMMEDIATE RELEASE

Step Up to the Fun Competition of the SRC's Lace Up and Go Challenge

Northridge — The Student Recreation Center (SRC) of the University Student Union invites CSUN students, faculty, staff and community to experience fun and endurance this summer with the virtual *Lace Up and Go Challenge* as part of the special event, *Summer-tastic!* From Monday, July 5 to Friday, Aug. 13, you can get active in this exciting challenge by walking, jogging or running and tracking your progress. Start the journey to increasing your miles during this challenge while also getting the chance to win cool prizes!

“This exciting challenge allows the CSUN community to get up and get moving at their own ideal pace,” said Alfredo Padilla, SRC Manager, Fitness Training. “Wherever you *Lace Up and Go*, your health and fitness will thank you for taking the time to take your daily steps”.

Don't miss this opportunity to motivate yourself to reaching 150 miles by the end of this 6-week challenge. All interested participants must first create an account through the SRC ChallengeRunner page and enroll in the “Lace Up and Go Challenge 2021” program. Once you are registered, just manually enter your daily miles on the SRC ChallengeRunner page or *ChallengeRunner* app for iOS or Android. You can track your daily miles through the website, app or any third-party fitness tracking app. Reaching certain milestones allows participants to enter a raffle for a chance to win a gift card of their choice including a \$25 Gift Card for reaching 50 miles, a \$50 Gift Card for reaching 100 miles and a \$100 Gift Card for reaching 150 miles.



Bring out your “A” game this summer with the SRC’s *Lace Up and Go Challenge!* For more information on the SRC and how you can enjoy yourself and go for the win in the fun event, please visit www.csun.edu/src. mented enhanced cleaning procedures, mandatory health screenings and social distancing.

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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, DREAM CENTER, USU Board of Directors, Computer Lab, Games Room, USU Programs and more. For additional information, please visit www.csun.edu/usu