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FOR IMMEDIATE RELEASE

**Move at Your Own Pace This Thanksgiving
at the SRC's Exciting Fun Run *Matty's 5k***

Northridge — The Student Recreation Center (SRC) of the University Student Union (USU) invites the CSUN community to spend their Thanksgiving with a virtual fun run, *Matty's 5k*. On Thursday, Nov. 25, challenge yourself with this fun fitness activity that will surely boost your personal health during the holiday break no matter where you are. Grab your sneakers and get ready to achieve that extra mile!

“The SRC is here to provide Matadors a variety of different ways they can stay active and emphasize how fitness is important to towards your physical, mental and spiritual well-being,” said SRC Manager, Fitness Training Alfredo Padilla. “This event provides everyone a fun opportunity to experience the benefits of making your health a priority over the holidays.”

During this exciting virtual 5k, you will have the option to complete the distance in any way you prefer. Whether you're walking, jogging or running, this exciting challenge is happening anywhere you choose. Register to participate from Monday, Nov. 1 to Wednesday, Nov. 17 by creating an account on the [SRC ChallengeRunner webpage](#) and selecting the “Matty's 5k” program under “Available Challenges.” Once you're registered, log your distance through the ChallengeRunner website or automatically track and log your distance by downloading the ChallengeRunner app for iOS and Android. Just for participating, you will receive an honorary medal and bib number to show off. For completing the challenge, you will be entered into a raffle to win cool prizes including a vibrating foam roller, a \$30 gift card of your choice, and an SRC Personal Training Package for five sessions.



Get your heart pumping and your mindset to go for the finish line at *Matty's 5k!* For more information, please [visit the SRC Fitness Challenges webpage](#) and 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, lounge spaces, 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