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**Contact:** Lilibeth Orozco, Public Relations Assistant  
lilibeth.orozco.185@my.csun.edu  
Michael Niles, Marketing Manager  
University Student Union  
California State University, Northridge  
michael.niles@csun.edu  
(818) 677-2875

**FOR IMMEDIATE RELEASE**

**Get Ready, Set, and Go for Gold at “Virtual Matty 5k” with the SRC**

Northridge– The Student Recreation Center (SRC) of the University Student Union (USU) invites all Matadors to get a running start on this Fall semester with the “Virtual Matty 5k”. On Friday, Sept. 25, lace up your sneakers and walk, jog or run in this exciting opportunity to reach your personal goal at your own pace and in your own space.

“The SRC is here to help all Matadors stay fit wherever they are,” said Alfredo Padilla, Fitness Training Manager at Student Recreation Center. “We want every participant to reach the 5k in their own fun and unique way.”

Starting Monday, Aug. 24 to Friday, Sept. 18 you can RSVP by searching the SRC Fitness Challenges page, finding the SRC calendar and filling out the RSVP form which will then ask you to download the Nike Run Club app to track your 5k progress. Just add the Student Recreation Center CSUN – USU on the app to join your fellow Matadors in getting to the finish line. It’s time to get up and get moving to kick off this Fall 2020 semester with the SRC!

Stroll to your goal, Matador, with the “Virtual Matty 5k”! For more information, please visit [csun.edu/src](http://csun.edu/src) or contact the Alfredo Padilla, Fitness Training Manager at [alfredo.padilla@csun.edu](mailto:alfredo.padilla@csun.edu).

Take on the six-week challenge to get up and get active this Fall with the SRC at “Fit

CSUN®



in 6"! For more information, please visit [csun.edu/src](http://csun.edu/src) or contact Alfredo Padilla, Fitness Training Manager at [alfredo.padilla@csun.edu](mailto:alfredo.padilla@csun.edu).

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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](http://www.csun.edu/usu).*