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Kick Butts Day to Include 5K, Community Picnic, Tobacco Education

Feb-24-2011

The fourth annual Kick Butts Day 5K Run/Walk and Community Picnic, part of a nationwide initiative to raise awareness of the dangers of tobacco use, will be held April 9 at Morton Park.

The local Kick Butts Day events are sponsored by Eastern Illinois University's Student Community Service and Health Service.

The run/walk will begin at 9 a.m. The cost -- \$12 for adults, and \$6 for ages 12 and younger -- includes a T-shirt (only guaranteed for those who register by March 18), snacks and refreshments. On-site registration is available, but participants are encouraged to pre-register online at <http://www.eiu.edu/herc/kickbuttsday.php>.

After the run/walk, a community picnic will feature free food, games and activities for all ages. Registration is not required for the picnic.

An abundance of material will be available to inform people about tobacco cessation options, the dangers of tobacco, and ways to prevent children from using tobacco.

For more information, call 581-7786.