



**FOR IMMEDIATE RELEASE**

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## **Lace-up Your Shoes for Dave Ryan’s 5K & 10K Walk/Run for Special Olympics Minnesota**

**MINNEAPOLIS – August 6, 2013** – Lace-up your shoes and hit the pavement to support Special Olympics Minnesota (SOMN)! The annual Dave Ryan 5K & 10K walk/run will be Saturday, Sept. 28, at Boom Island Park in Minneapolis. Walkers and runners of all skill levels are invited to attend the fun-filled event that supports more than 7,500 SOMN athletes.

The 5K & 10K course allows participants to hit the pavement for a great cause while enjoying nature in an urban area. Participants are encouraged to invite their family and friends to join them on the course! The race begins at 8:30 a.m. and the 5K at 8:35 a.m. Last year, more than 1,200 participants laced-up their shoes and raised more than \$45,000 for SOMN.

Registration is now open online for the 5K & 10K. Registration will also be available day of the event from 7-8:30 a.m. Pre-registered participants will receive \$5 off the registration fee. Walkers and runners will receive a T-shirt. Participants can go the “extra mile” to raise additional funds for SOMN. Prizes will be awarded to those who do! For more information or to pre-register, please visit [daveryan.kintera.org](http://daveryan.kintera.org).

The event is supported by KDWB.

For questions, please contact Alyssa Siech at 800.783.7732, ext. 255 or by email at [alyssa.siech@somn.org](mailto:alyssa.siech@somn.org).

### **About Special Olympics Minnesota**

Special Olympics Minnesota offers children and adults with intellectual disabilities year-round sports training and competition. Through Special Olympics’ athletic, health and leadership programs, people with intellectual disabilities transform themselves, their communities and the world.

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