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**FOR IMMEDIATE RELEASE**

**2019 Community Fun & Fitness Relays**

*Family-friendly fitness event benefiting the Carbondale "I Can Read" Program and the Obo-Kwahu community in Ghana.*

CARBONDALE, IL – Southern Illinois is hosting the third annual Community Fun & Fitness Relays (CFFR). There will be events for all ages and skill levels. The event will take place on Sunday, September 22, 2019 at SIU's Lew Hartzog Track & Field Complex in Carbondale. The races begin at 2:00 p.m. with registration and check-in starting at 12:00 p.m. Online and paper registration are offered; if you pre-register by Friday, September 9<sup>th</sup> you will receive a discount on the registration fee and a free race day t-shirt. To register for the event, please visit the "Involvement" page on the CFFR website at [cfrsoill.org](http://cfrsoill.org).

Participant groups include Kids (Pre-K, Kindergarten, and Elementary School), Students (Middle School, High School, and College Students), and Adults/Families. In each age group there will be a number of relay events including 4X100 meter relay, 2X400 meter relay, 4X400 meter relay, sprint dashes, and a mile run. The event will also feature free fitness activities for kids with prizes.

The CFFR is the brainchild of former SIU track student-athlete and alum Marian Appiah-Kubi, who was born in the village of Obo-Khawu, in Ghana, West Africa and former Saluki Senior Associate Athletic Director Kathy Jones. The CFFR raises money to benefit two great causes, the "I Can Read" Program in Carbondale and education in the Obo-Kwahu community in Ghana. Carbondale's "I Can Read" program was founded in 1998 and has been dedicated to providing children a free after-school literacy program to help prepare them for their future. Funds raised also go to support school projects in the village of Obo-Kwahu focusing on encouraging attendance and helping with supplies. To learn more about the great work these charities do please visit the "Projects" page on the CFFR website at [cfrsoill.org](http://cfrsoill.org).

Saluki Athletics, SIH, and Carbondale Park District are proud to partner with CFFR to put on this fun family-friendly event.

For those interested in the Community Fun & Fitness Relays who would like more information please contact CFFR by email at [gocffr@gmail.com](mailto:gocffr@gmail.com) or by visiting the website at [cfrsoill.org](http://cfrsoill.org). For immediate inquires please call CFFR at (618) 303-5755.

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