



Have you signed up for the G.L.O.W Run yet? If the answer is YES, you are super cool! If the answer is NO, my question to you is, "Why not?"!?

I know some the excuses:

*-I've never run a 5K.*

There's never a better time to start than now! Everyone can run/walk a 5K and you feel so good afterwards-you accomplished something and you are helping a great charity!

*-I don't have running shoes.*

You do not need \$180 technical running shoes to run a 5K. Stop by your local running store and they will place your feet in the shoes that are right for you and in your budget!

*-There is no time to train.*

Sure there is-training for a 5K can be a great time to bond with your family for before dinner runs-or set your alarm just 20 minutes earlier, to get some steps in, and you will be all set!

*-I'm not even sure about about how this helps "put school name here".*

Most importantly, registering for the G.L.O.W run will help the Jeanine Nicarico Memorial Literacy Fund. All proceeds will go to the Jeanine Nicarico Memorial Literacy Fund to acquire and distribute resources that provide literacy opportunities for learners within the Naperville community.

But wait, there's more! The elementary school that has the highest percentage of participation wins an author visit from Anderson's Bookshop!

That is what you call a win-win!

Now that I have fully convinced you that signing up for the G.L.O.W Run will be the best thing you do today, go to <http://www.naperglow5k.com> and register! Seriously, don't do anything else (other than breath and blink) and register everyone in your family because they all count towards our totals!

Still not convinced? Email me at "put your email address here" and I'll do my best to give you a few more stellar reasons why the G.L.O.W Run is right for you!