

Little Color Big Fun 5K Color Run

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L&T file photo

By ELLY GRIMM

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If you are looking for an event where you can not only get some fitness in but also support a renowned organization, the Little Color Big Fun 5K color run will be the place to be on June 21.

Registration for the run, sponsored by Big Brothers Big Sisters, will begin at 9 a.m. in Arkalon Park, with the actual run starting in the park at 10 a.m. After the run, participants will be treated to a lunch of pulled pork sandwiches and other sides. The run is also taking place in conjunction

with celebrating Arkalon Park's 25th anniversary.

"We'll have a big celebration afterwards with the color and everything and they'll get fed and then hopefully they'll stay around and enjoy the park and the nature and everything out there," Kerry Seibel, the Big Brothers Big Sisters area coordinator. "There's hiking trails, horseshoe pits, camping, all kinds of things so we'll promote Arkalon too."

Each participant will be given a goody bag that will include pedometers, water bottles and other items along with a bag of color for participants to throw at the beginning, middle and end points of the run.

Seibel said the organization had been thinking about doing a color run in previous years due to their increasing popularity, but it never quite came together. She also emphasized that the event is open to everyone, saying the organization wanted to do an event for the Arkalon Park celebration as well as a fundraiser for Big Brothers Big Sisters that would also help promote wellness and fitness in the community.

"Of course you do not have to be a runner, it's all fun," she said.

All of the funds raised at the run on Saturday will go to the Big Brothers Big Sisters program in the Haskell, Seward and Stevens counties. Seibel said the funds will help in sustaining the program and providing activities for the kids that are on the waiting list, saying it costs \$1000 per match from beginning to the end of the match's together.

"We've done a glow run so we're excited to do the color, the powdered color so we'll see how that goes and we want it to be fun and exciting and something new for the community," Seibel said. "Come out and enjoy the day, the nature, get some fitness in and just have a good time for a good cause."

