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Get outside, get active and achieve your best self with the Feel the Heat, Move Your Feet 5K [1]

June 30, 2017 by Employee Services [2]

If you're looking for ways to get active on these beautiful summer weekends, Be Colorado® has just what you need. Join us Aug. 5 for the annual Feel the Heat, Move Your Feet 5K [3] at City Park.

Open to all CU Health Plan members and their families, this event offers outdoor summer fun for the entire family and a chance to get active in a beautiful setting. A 100-meter race for kids will be held to open the day, followed by the 5K.

The event is free, but you can donate to one of three charities: American Lung Association, American Diabetes Association or American Heart Association. To make it easy, you can donate online when you register for the event.

All experience and fitness levels are welcome. Make sure to log in to your Be Colorado – *Move* . App [4] to earn cash for participating, whether you walk with coworkers or compete for first-place prizes.

Event Details:

- Date: Saturday, Aug. 5
- Time: 8 a.m. to noon
- Location: City Park, Denver, CO

Learn more [3]

CU Advantage [5], Wellness [6]
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