Local runners are training for the Brown Santa 5K and Kids K on Sunday, December 12th, 2010 at the Travis County Expo Center.

This is the seventh year for the annual event, which combines a chip-timed 5K run, a 5K fun run and a 1K walk for kids under age 12.

Race Committee Chair Donna Stirman is encouraging residents and County employees alike to make this the year they enter this 5K race. “A five-kilometer race is a great opportunity for people who don’t think of themselves as serious athletes to get more active. It’s long enough to feel the benefits of more exercise, but not so long that you can’t imagine yourself finishing it and feeling good.”

All registered participants will receive a T-shirt. Awards will be won by the overall male and female finishers and by winners in age group subcategories. All kids participating in the Kids K will receive a finishers medal.

There will also be a Wellness Fair staged at the Expo Center on the same morning featuring informational exhibits and vendor displays on health-related subjects like nutrition, exercise, sports medicine and massage.

The Expo Center is located at 7311 Decker Lane in east Austin south of Highway 290. The Brown Santa 5K starts at 8:15 AM on Sunday, December 12th, 2010; the Kids K starts at ten o’clock that morning. The Wellness Fair runs from 8:00 AM until noon.

Proceeds from these events benefit Brown Santa, the Travis County Sheriff’s Office charity that helps thousands of underprivileged children and their families in rural Travis County and residents of local retirement centers.

For more information or to register for the Brown Santa 5K and Kids K online, log on to www.brownsanta.org or www.runtex.org.