



FOR IMMEDIATE RELEASE:

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Dash, Dance, and Prance with Friday Night Live at Reindeer Run

SAN LUIS OBISPO, Calif. --- The San Luis Obispo County Friday Night Live (FNL) Partnership program welcomes all community members to this year's Reindeer Run 5K! which will take place on Dec. 9 from 9 a.m. to 11 a.m. at Mitchell Park in San Luis Obispo.

Tickets are on sale now at \$25 per person looking to run. On the day of the race, tickets will go up to \$30 a person. Additionally, meal tickets are available for anyone not looking to run and still join us for breakfast at just \$5. As always, participants are encouraged to dress in their favorite holiday attire. The fun run 5k race is open to all members and ages of the community.

San Luis Obispo County Friday Night Live program is California's leading youth development and substance abuse prevention program. The program engages youth in schools and encourages them to be active leaders in their communities to promote wellness and healthy lifestyles.

"Our program is meant to provide a fun, safe and accepting space for students to not only socialize with peers, but to build their skills and understanding in leadership advocacy, mental health, and effects of substance misuse," said Katherine Gross, FNL County Coordinator.

Proceeds for the Reindeer Run go straight to our senior scholarship funding, where we provide scholarship opportunities for high school seniors each year. Friday Night Live currently has local chapters at twelve middle schools, 9 high schools, and one at Cal Poly San Luis Obispo.

"Being in FNL made me feel capable of making an impact on my campus and in my community. It brought me a sense of belonging among my peers who also wanted to be a part of something bigger, along with wonderful friendships, and important knowledge about drug/alcohol abuse, mental health awareness, traffic safety, and more. Receiving a scholarship from FNL helped make my entry into college smoother and inspired me to carry over all the skills and knowledge I had gained into my college experience," stated one of our past scholarship recipients.

All registrations include a Reindeer Run T-shirt, running bib, and breakfast. Online registration is available until noon on December 8th at [Reindeer Run | SLOFNL](#).

For more information and to register online, please find us on Eventbrite, or visit slofnl.com/reindeer-run or contact Megan Frauenheim, mfrauenheim@co.slo.ca.us

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