



Saint Louis County

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NEWS RELEASE

FOR IMMEDIATE RELEASE:

July 31, 2013

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St. Louis County renames fitness event for late Commissioner Steve O'Neil

This August marks the third annual St. Louis County Race for Wellness 5K run and walk. The event is organized by St. Louis County employees as a way to encourage better health and fitness. When the race began in 2011, Steve O'Neil was among those at the starting line.

To honor the late commissioner, who passed away two weeks ago following a battle with thyroid cancer, race organizers are now changing the event's name to the St. Louis County – O'Neil Race for Wellness. The event, which includes a 5K run and walk, as well as a one-mile race for kids, is Friday, August 9, beginning at 6 p.m., at the Ellsburg Bass Lake Fire Hall in Ellsburg Township

“Commissioner O'Neil was a big supporter, not only of this race, but of all of our various fitness incentive programs in the County,” said Tiffany Kari, St. Louis County's Health Promotion Coordinator. “His passion for promoting good health was an inspiration to many of us, and so this seemed like a good way to pay tribute to him and continue his message going forward.”

The race is open to the public. Participants can register at the event, or online at www.active.com. Cost is \$25 for ages 12 and up (\$15 for St. Louis County employees, retirees and their families, and for residents of Cotton and Ellsburg), and free for kids 11 and younger. All proceeds will be donated to the Youth Fitness and Adventure Foundation of Duluth in honor of Steve O'Neil.

In addition to the race, the event includes a free barbecue, wellness vendor fair, educational materials, prize drawings and awards to top finishers by age group. Anyone who registers by August 8 is guaranteed a t-shirt.

The St. Louis County – O'Neil Race for Wellness is sponsored by The Get Out Project,

BlueCross, BlueShield of Minnesota, Ski Hut and Tortoise and Hair Footwear. For more information about the race, or any of St. Louis County's fitness initiatives, contact Tiffany Kari at (218) 720-1551

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Directions to the race: North on Hwy 53, approximately 30 miles from Duluth; turn right on Comstock Road, then left on West Mink Road.