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U.S. ARMY MANEUVER SUPPORT CENTER OF EXCELLENCE FT. LEONARD WOOD, MISSOURI



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**FOR IMMEDIATE RELEASE**

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## **WHS, MS&T teams to join in '5K for Fun' series**

**FORT LEONARD WOOD, Mo.** – Fort Leonard Wood's monthly "5k for Fun" series is scheduled to resume Saturday with a 5k walk/run and mini health fair at Davidson Fitness Center on post.

This time around, participants can run alongside members of the Waynesville High School and Missouri University of Science and Technology cross-country teams, who have been invited to join the race.

"We've talked about doing this with WHS and Missouri S&T for some time," said Col. Andy Herbst, U.S. Army Garrison Fort Leonard Wood commander, who created the 5k for Fun series.

"They both have their seasons going on. We're going to change the route a little bit. It should be a fun time for everyone," Herbst added.

Events begin with a stretching session led by a Family and Morale, Welfare and Recreation personal trainer at 7:45 a.m., followed by the 5k walk/run at 8 a.m., and a kid's half-miler scheduled at 9 a.m.

Like previous 5k events in the series, this race is free and open to the public.

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Families are encouraged to walk or run with baby strollers, and participants can also run with canine companions on leashes. The first three dogs to cross the finish line at Saturday's race will receive a ribbon.

Herbst founded the "5k for Fun" series last year as a way to promote two Army initiatives: the Army Performance Triad, which stresses healthy activity, nutrition and sleep, and the Soldier for Life Program, which aims to prepare service members for a lifetime of healthy living.

These 5k events are scheduled the second Saturday of each month, with future events planned for Oct. 10, Nov. 14 and Dec. 13.

For more information, visit [fortleonardwoodmwr.com](http://fortleonardwoodmwr.com).

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For more information, contact the Fort Leonard Wood Public Affairs Office at 573.563.4145.

### *About Fort Leonard Wood*

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*Fort Leonard Wood is a thriving and prosperous installation that has evolved from a small basic training post 70 years ago to a premier Army Center of Excellence that trains about 80,000 military and civilians each year.*

*Home to the Maneuver Support Center of Excellence, Fort Leonard Wood now trains and educates service members and develops doctrine and capabilities for the Training and Doctrine Command's U.S. Army Chemical, Biological, Radiological, and Nuclear School, U.S. Army Engineer School, and U.S. Army Military Police School, three gender integrated Initial Military Training brigades, and the Army's largest Noncommissioned Officers Academy.*

*Over the past several years, Fort Leonard Wood has received numerous additional responsibilities to include supporting a colonel-commanded Marine Corps Detachment and an Air Force Detachment, which are both the largest on any Army installation, are located on Fort Leonard Wood; a large Navy Seabee Detachment and elements of the Coast Guard train here as well.*

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