



TEXAS TECH UNIVERSITY  
HEALTH SCIENCES CENTER™  
EL PASO

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**FOR IMMEDIATE RELEASE**

Aug. 20, 2015

## **TTUHSC El Paso and Rave Marketing & Events Announce New Community Event**

### **Groove and Glow 5K Is Fun-K Walk/Run for All Ages**

**EL PASO, Texas** - Rave Marketing & Events in conjunction with Texas Tech University Health Sciences Center (TTUHSC) El Paso announced today that they will host a new community event that will be held on campus Saturday, Oct. 10. **Groove and Glow 5K**, a “Fun-K” night Walk/Run event, will promote health and wellness for all ages; allowing anyone to participate regardless of their fitness level.

Families, alumni, military, runners, walkers, fun-loving people – everyone is invited to be a part of the *Groove and Glow 5K*. The entire event and course will incorporate dancing, running and walking through glow in the dark move and groove stations booming with music from the 70s, 80s, 90s and current hits.

The Fun-K will end with a *Groove & Get-Down* party at the finish line.

“The health and wellness of our community matter,” said TTUHSC El Paso President Richard Lange, M.D., M.B.A. “Events like this bring attention to the importance of leading a healthy lifestyle.”

The *Groove and Glow 5K* will begin and end on Concepcion Street next to the TTUHSC El Paso campus located at 5001 El Paso Drive. The event will highlight both the school and the surrounding area. The course will take you through and around the El Paso Zoo, as well as Washington Park. All the pre-run fun will start at 5 p.m. and the run is scheduled to begin at 7 p.m.

Participants are encouraged to dress in their best *Groove and Glow* wear! In addition to the best overall time, prizes will be awarded for best costume, most spirited Texas Tech participant and best *Groove & Get Down* dancer.

“Rave Marketing & Events is thrilled to launch the first *Groove & Glow 5K* in the El Paso market,” stated Rave Marketing & Events President Gina Roe Davis. “Our company is committed to producing top -notch events that entertain participants while providing unique and integrative marketing opportunities for our sponsors.”

***Groove and Glow 5K* registration is online at [www.grooveandglow.com](http://www.grooveandglow.com)**

**Individual:**

\$30 Aug. 20 – Sept. 14

\$35 Sept. 15 – 30

\$40 Oct 1-9

\$50 Event day onsite only

**Team:**

\$25 per person Aug. 30 – Sept. 30

\$35 per person Oct. 1 – 8

No teams accepted after Oct. 8

**Groove & Glow Packet Pickup:**

1 – 7 p.m. Friday, Oct. 9 at The Fountains at Farah

4 – 6 p.m. Saturday, Oct. 10 at 5001 El Paso St.

**Groove & Glow Run Start Time:**

7 p.m. Saturday, Oct. 10

**Groove & Glow Expo:**

5 p.m. – 10 p.m.

**Groove & Glow Party:**

7:30p.m. – 10 p.m.

**Parking information:**

Parking at TTHSC El Paso. Look for updated parking map at [www.grooveandglow.com](http://www.grooveandglow.com) as date nears.

Facebook: <https://www.facebook.com/grooveandglow>

Twitter: <https://twitter.com/grooveandglow>

Instagram: <http://instagram.com/grooveandglow>

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