

Press Release for Immediate Release:

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Hope House 5K & Fun Run Coming Soon

Arvada Nonprofit of the Year 5K to Support Self-Sufficiency Programs for Teen Moms

(Arvada) The Hope House 5K & Fun Run is coming up on Saturday, May 5, at Lake Arbor Park in Arvada. Last year over 300 people showed up for this event that is both family friendly and competitive as it is an official BolderBOULDER qualifier race.

Designed for runners, walkers and competitive racers, the course features a paved trail, and the Fun Run will take place after the official 5K.

The morning also includes all sorts of fun activities for kids, including a bounce house, three live PJ Masks characters, face painting and the ever-popular Diaper Dash.

The Arvada community is once again supporting this 5th annual event, with vendors and sponsors including Chick-fil-A, Natural Grocers, Yogurtland, First Bank and Metco Landscape.

"We absolutely love the support that Arvada has shown us since we first opened our doors 15 years ago," said Lisa Steven, Founder & Executive Director of Hope House. "When the community shows our teen moms that they believe they can change their future, it encourages them as they work hard toward self-sufficiency."

Hope House of Colorado was named the Non-profit of the Year by the Arvada Chamber of Commerce earlier this year. Hope House is an Arvada-based nonprofit organization that offers free self-sufficiency programs to parenting teen moms. Proceeds from the race will support these programs, which include GED, Parenting and Healthy Relationships.

For more information on Hope House or to register for the 5K & Fun Run, see hopehouseofcolorado.org.

Caption Photo 1: 14-year-old Micai Shoots crosses the finish line as the 2017 winner of the adult male division. (Photo credit Stephanie Trowbridge)

Caption Photo 2: The 2017 Hope House 5K & Fun Run brought over 350 people to Lake Arbor Park in Arvada on Saturday morning. (Photo credit courtesy of Hope House)

Hope House 5K & Fun Run logo attached

Official BolderBoulder qualifier race logo attached

About Hope House of Colorado: *Hope House of Colorado is metro-Denver's only resource providing free self-sufficiency programs to teen moms, including Residential, GED and College & Career Support services. Additional supportive services include parenting and life skills classes, healthy relationship classes, financial literacy workshops and certified counseling, all designed to prepare them for long-term independence. Hope House relies on numerous volunteers and local business partnerships to accomplish its mission.*[Hopehouseofcolorado.org](http://hopehouseofcolorado.org).

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