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Healthy Kids Theme to Create Family Focus at 3rd Annual CASA 5K

AUSTIN, TEXAS (August 26, 2008) – Focusing on family, CASA of Travis County will offer races for both adults and children during their annual Speak Up for Kids 5K this September. The 5K begins at 8:00 a.m. on Sunday, September 7, 2008 at the Domain Shopping Center. An hour later at 9:00 a.m. the 1K begins with children as participants while their families and other runners line the race track to cheer on the kids. “We at CASA of Travis County especially enjoy this annual event because the event highlights what we endeavor to provide for abused and neglected children: a healthy family,” stated Laura D. Wolf, Executive Director for CASA of Travis County.

Wolf believes that this year's theme, Healthy Kids, resonates with CASA's overall mission. “We sponsor these events knowing that increased awareness generates interest in those children who have been removed from their home due to abuse or neglect and that through contributions of time they too can be in safe permanent homes.” Many of those participating will be volunteers and those already aware of the services CASA provides. Participation has grown each year and with it, greater awareness of the children CASA works to protect.

Participants are able to partake in family friendly activities including a moon bounce, kids yoga, cooking classes and more. Registration for the 5K is \$25 and \$10 for the 1K.

About CASA of Travis County

CASA of Travis County is the only organization in Travis County appointed by judges to be *guardians ad litem* in child protective services cases. CASA provides advocates to speak up in court for the best interest of children who have been removed from their home due to abuse or neglect. CASA recruits, trains, screens, and supervises these community volunteers so that they may properly advocate for the best interest of the child. Volunteers drive the success of CASA and do so by being the voice so many children are left without. CASA volunteers not only spend time with the child entrusted to them but also meet with the child's school, doctor, and care-giver in order to better assess recommendations they make to the court. CASA of Travis County was established in 1985 and continues to grow with over 400 trained volunteers serving more than 1,200 children each year.

For further information on CASA of Travis County, visit www.casatexas.org.

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