

**PRESS RELEASE 2-17-05 Contact: TIM O'CONNOR 561-355-3576
FOR IMMEDIATE RELEASE**

PALM BEACH COUNTY HEALTH DEPARTMENT

MEDIA REMINDER

**STEP UP FLORIDA MOVES INTO PALM BEACH COUNTY 9:00 AM
FRIDAY FEBRUARY 18, 2005.**

**9:00 AM VERDE ELEMENTARY BOCA RATON-WELLNESS
SCHOOL RECEIVES FITNESS FLAG FROM DR. MARSHA
FISHBANE SCHOOL HEALTH MEDICAL DIRECTOR-CHILDREN
PARTICIPATE IN WELLNESS ACTIVITY. CONCLUDES 9:30 AM—
MEDIA WELCOME**

**10:00 AM FLAG MOVES TO SUGAR SAND PARK BOCA RATON—
BOCA RATON COUNCILWOMAN SUSAN WHELCHER, PAULETTE
BURDICK JOIN IN ACTIVE EXERCISES AND WELLNESS
ACTIVITIES. CONCLUDES 11:00 AM—MEDIA WELCOME**

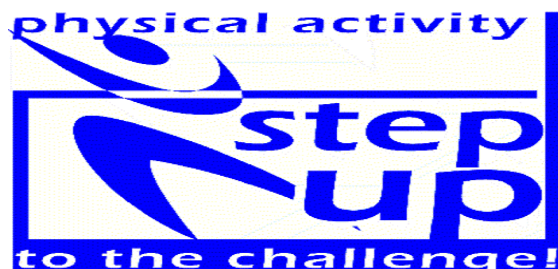
**10:00 AM STEP UP FLORIDA GROUP INCLUDING DR. JEAN
MALECKI AND DEPUTY STATE HEALTH DIRECTOR DR. BONNIE
SORENSEN LEAD WALK FROM 826 EVERNIA, WEST PALM
BEACH TO CENTENNIAL SQUARE DOWNTOWN.**

**11:00 AM FLAG ARRIVES CENTENNIAL SQUARE FITNESS FAIR
OPENS, YMCA CONDUCTS LIGHT AEROBICS.**

**11:30 AM DR. MALECKI WELCOMES PARTICIPANTS ALONG WITH
DR. SORENSEN EXPLAIN STEP UP FLORIDA FITNESS
CHALLENGE**

**HIGH NOON—DR. MALECKI FITNESS CHALLENGE FOR THE
GREEN SHOE AWARD. PARTICIPANTS INCLUDE MAYOR LOIS
FRANKEL, DENNIS GRADY, ILENES BOYLE, ANDY SCIBELLI
PIERRE RODRIQUEZ, JACQUIE NICHOLSON, ROBERT MCFALL
AND OTHERS. MEDIA WELCOME TO PARTICIPATE**

**12:40 PM GREEN SHOE AWARDS AND HONORS COMMUNITY
LEADERS THAT HAVE TAKEN STRIDES TO PROVIDE FITNESS
PROGRAMS.**



PAGE 2 STEP UP FLORIDA

1:00 PM FITNESS FLAG PASSED TO RANDY SCHEID FROM THE SAFE BICYCLING COALITION TO BE CYCLED SATURDAY MORNING FEBRUARY 19 FROM SOUTH INLET PARK BOCA RATON TO JUPITER LIGHTHOUSE PARK WHERE IT WILL BE PASSED TO MARTIN COUNTY FOR THE NEXT LEG OF STEP UP FLORIDA.

SATURDAY FEBRUARY 19, 2005

8:30 AM BICYCLISTS LEAVE SOUTH INLET PARK WITH FITNESS FLAG HEADING NORTH TO JUPITER LIGHTHOUSE PARK.

8:00 AM RUNNERS LEAVE OCEAN REEF PARK ON SINGER ISLAND TO RUN FUN DISTANCE OF 12.6 MILES TO JUPITER LIGHTHOUSE PARK

**9:00 AM NOVICE BICYCLISTS ASSEMBLE AT OCEAN REEF PARK, SINGER ISLAND FOR A 12.6 MILE BIKE RIDE TO JUPITER LIGHTHOUSE PARK AND CROSS PATH WITH DISTANCE RIDERS.
9:30 AM 100 RIDERS DEPART FOR JUPITER TO CATCH FITNESS FLAG. MEDIA AND PUBLIC INVITED ON NOVICE RIDE.**

**11:00 AM FITNESS FLAG CEREMONIALY TURNED OVER TO REPRESENTATIVE FROM MARTIN COUNTY FOR NEXT PHASE OF STEP UP FLORIDA AT JUPITER LIGHTHOUSE PARK.
WATER AND FRUIT FOR PARTICIPANTS WHO THEN WILL BE SHUTTLED OR RIDE BACK TO OCEAN REEF PARK.**

