

This is a story I wrote to promote a 5K fundraising event at my children's school. It was originally published in the Your Hub section of DenverPost.com, and then later ran in a print edition. The Post published the article as it was written. It is no longer published online so I made a copy of the printed version.



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# Fun, affordable Coyote 5K set for Sept. 22

*Golden's Shelton Elementary School is the picturesque setting for annual event*

**By Lee Ridley**  
*YourHub Contributor*

Sean Ridley, a kindergartner at Shelton Elementary School in Golden, still needed help tying his shoes. He asked his mom for help, reminding her to tie them tight, really tight, that day in 2012. It was a special day — his first real race. Ridley was preparing to run the One Mile Fun Run, part of the Coyote 5K Classic at Shelton.

The 5K race was first, so Ridley cheered as his mom and dad dashed off the start line. Lots of people were walking the course, too, some pushing strollers as they chatted with each other. Many were talking about the stunning views of downtown Golden, the foothills and the

Table Mountains.

Then it was Ridley's turn to race in the One Mile Fun Run. Kids and adults lined up. When Sean heard the starting gun, he flew off the start line. He kept his speedy pace and finished in seventh place. He had run faster than nearly all the kids and most of the adults, including his mom and dad. When they called his name to get his medal, he felt so proud. He couldn't wait until next year's race.

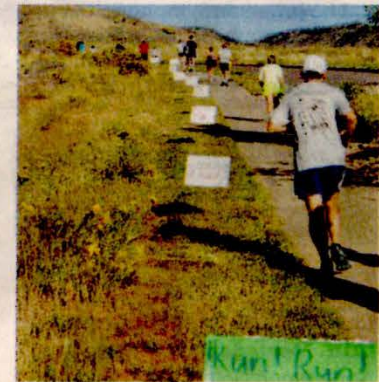
Ridley will have a chance to race again at the fourth annual Coyote 5K Classic and One Mile Fun Run on Sept. 22 at Shelton Elementary, 420 Crawford St., Golden. Racers and spectators can enjoy food, face-painting, balloon creations, an obstacle course, music

and a silent auction. Silent auction items include ski passes, Denver Nuggets and Disney tickets, American Girl Doll and gift baskets.

The top three male and female finishers receive North Face trail shoes from Vital Outdoors, and all participating kids earn medals. Top finishers in each age group receive prizes, too. The course starts at Shelton Elementary and winds through a greenbelt and neighborhood nestled at the base of the foothills, finishing back at Shelton. Thanks to the generosity of many sponsors, this is one of the most affordable 5K events in the metro area.

For more information or to register, go to [www.coyote5kclassic.com](http://www.coyote5kclassic.com).

*Lee Ridley is Sean Ridley's mother.*



Students created hand-lettered motivational signs to help racers make it up a hill in 2012 at Shelton Elementary School's annual Coyote 5K. *Courtesy Shelton PTSA*