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## **Cancer Prevention Movement FLIP hosts 4th Annual Darby Creek Trail Run August 15**

*Presented by InHealth Mutual, run encourages healthy, active lifestyles*

**COLUMBUS, OH, July 15, 2015**—Cancer prevention movement FLIP invites Columbus runners to participate in its 4<sup>th</sup> annual Darby Creek Run presented by InHealth Mutual August 15 to encourage cancer prevention lifestyles through active and social endeavors.

**Who:** FLIP, a local cancer prevention nonprofit aimed at increasing prevention awareness, reinforcing education and inspiring preventive action, strives to empower individuals to engage in preventing cancer using a holistic approach.

**What:** The 4<sup>th</sup> annual Dark Creek Trail Run includes 5k and 10k course options: the 5k is relatively flat and for runners and walkers of all skill levels. The 10k is a true challenge ending in a stair climb that has become infamous among the Columbus trail running community. Well-behaved pets are welcome, and running strollers are allowed on the 5k course but not the 10k.

**When:** August 15, 2015 at 9 a.m.

**Where:** Battelle Darby Creek Metro Park in Galloway, Ohio

**Details:** Registration for the Darby Creek Trail Run is \$25 through August 14, \$30 after. An event t-shirt can be purchased for an additional \$10. Participants can arrive at 8a.m. for the race that begins at 9 a.m. An after-party will follow. For more information and to register, visit <http://flipnow.org>.

“FLIP encourages a cancer preventative lifestyle. Staying active is one of the best—and most fun—ways to do that,” said Carl Seiley, founder of FLIP. “We encourage people of all ages and levels of fitness to come out and enjoy the scenery during the Darby Creek Trail Run.”

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### **MULTIMEDIA**

- [Video highlights from 2014 race](#)
- [Photos from 2014 run](#)
- [High-res logo](#)

### **About FLIP**

FLIP – Fight, Live, Inspire, Prevent – is about helping you live a lifestyle that prevents cancer and inspires others to do the same. It’s a movement that’s growing, full of everyday people who are

crazy enough to believe that finding ways to get proactive shouldn't be quite so hard. Approachable prevention, simple changes, community support, fun ideas. That's what we're about. Join us, as we take simple steps to FLIP our lives and the conversation on cancer in our nation from reactive to proactive, one day at a time. Visit [www.flipnow.org](http://www.flipnow.org)

### **About InHealth Mutual**

InHealth Mutual is a nonprofit insurer – a consumer operated and oriented plan (CO-OP) – built for members by members to provide quality, affordable health insurance that is responsive to the needs and wants of all Ohioans. It is different from the traditional insurers given its nonprofit status and focus on individuals and small businesses which manifests in an operational Board of Directors that includes 51% members by the beginning of 2016. In addition, profits are used to lower the cost of care, enhance benefits or decrease premiums. Being accountable to members versus stockholders is a paradigm shift InHealth believes will result in better health insurance for the people it covers. InHealth offers insurance products to individuals, small businesses and groups through brokers and private exchanges as well as on the Health Insurance Marketplace (Exchange). **InHealth Mutual is a trade name of Coordinated Health Mutual, Inc.** For more information, visit [www.inhealthohio.org](http://www.inhealthohio.org).