

for your
health



An estimated 14,000 women will run in Boise in the largest women-only 5K in the United States.

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Ladies first

Event celebrates women's fitness

THIS YEAR MARKS the 20th anniversary of the St. Luke's Women's Fitness Celebration, a three-day event—September 20 through 22—in Boise, Idaho. With the largest 5K women-only run in the country, the event was founded in 1993 by Maryanna Young, a Boise resident and executive coach, and Anne Audain, a six-time Olympic qualifier and world-record holder from New Zealand.

A longtime supporter of women's

equality, Audain says she realized “how much of who I was had to do with standing on the starting line and crossing the finish line. I thought, if I could create an environment for all women where they could have those same experiences, everything would be so much better,” she says.

“Twenty years ago, there were only a handful of women-only races, but today there are hundreds,” she continues. “It’s just

amazing to see where the sport is.”

In 2001, Boise's St. Luke's Regional Medical Center became Celebration's presenting sponsor. All contributions from the race and individual donations now go directly to the medical center's Celebration Women's Health Fund, which provides support groups, car seat safety instruction and birth and parenting classes.

“This was something really new and different, a way to inspire confidence in women of all phases of life,” explains Costco member Lorene Oates, current head of sponsor engagement for the event.

Everything from start to finish at the Fitness Celebration is for women only; women from all 50 states and eight different countries have participated in the event. At this year's special anniversary, 45 women who have completed the race all 20 years will be honored. There's also a two-day women's show, a destination event for the Boise community with more than 165 vendors, nonstop entertainment, shopping and health education booths. (Visit www.celebrateall.org for registration or donation information.)

Although the event has evolved over the last two decades, “we've always tried to stay true to the mission of health, encouraging people to start where you are, whatever level you are,” says Oates. “Come join us, have fun, bring a friend.”—*Kate Parham*



AGE FOTOSTOCK

Ray bans

FDA announces new sun-screen rules

etrates to deeper layers of the skin. UVA is the dominant tanning ray and is closely linked to skin aging. It also damages skin DNA and causes skin cancer.

New information on labels

- Up until now, products labeled as broad spectrum may or may not have protected against UVA. The new rule reserves the broad-spectrum claim only for products that protect against UVA and UVB.

- Products with the new broad-spectrum label will have to pass a test showing that they protect against UVA, too. The higher the SPF rating on these broad-spectrum sunscreens—up to SPF 50—the better they protect against both UVA and UVB.

- A clear message must state how long water-resistant sunscreens maintain protection after a person swims or sweats. Labels will specify either 40 or 80 minutes of protection. Sunscreens that aren't water resistant

will have to carry a warning to that effect.

- Labels now will be able to claim that a product protects against skin cancer if it has an SPF rating of 15 or higher. And the product can claim to protect against sun-related premature skin aging if it has the broad-spectrum designation.

- Products will not be allowed to claim they “block” the sun or that they prevent skin cancer or aging. They also can't say they last for more than two hours, unless proof of longer protection is submitted to the FDA.

- Sunscreens will now carry a “drug facts” box on the back or side of the container. Within the box will be any appropriate safety warnings.—*T. Foster Jones*

The Costco Connection

Costco carries a variety of sunscreen lotions and skin-protection items, as well as UVA/UVB-protective clothing in select areas.