

Volunteer or dress up & run in the Haunted Half charity run

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<http://www.good4utah.com/news/local-news/volunteer-or-dress-up-run-in-the-haunted-half-charity-run/821215207>

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It's time to get in the Halloween spirit! Dress up in your favorite costume and take the family out for a Haunted Half run in Salt Lake City or Provo.

A portion of the proceeds will go to Kids On The Move, an organization that helps families with children who have special needs.

There are three different races with varying difficulties so the whole family can participate. The kids can do a half mile Kid's Run while adults and teenagers can check out the half marathon or 5K.

If you're not much of a runner but would still like to help you can volunteer. They are looking for over 100 volunteers for both cities. Visit kotm.org for more information.

In Salt Lake City the run is Saturday, October 14th. Click [here](#) for more information. The Provo run is a few weeks later on Saturday, October 28th. More information [here](#).

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