



Mundelein Park & Recreation District

Connecting the Community

<http://www.mundeleinparks.org>

NEWS RELEASE

FOR IMMEDIATE USE

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37 YEARS AND RUNNING STRONG!

MUNDELEIN PARK DISTRICT'S ANNUAL 5K FREEDOM CLASSIC

5K Run/Walk and FREE kids' run connects outdoor fun, fitness

Mundelein, Illinois—Join the 37 year tradition of lacing up your sneakers and hitting the pavement on Independence Day at Mundelein Park & Recreation District's (www.mundeleinparks.org) *Freedom Classic 5K Run/Walk* and *FREE YOUTH RUN*. There's some way for every age to get active at these special **July 4** events at **Keith Mione Community Park** (1401 N. Midlothian Road, Mundelein, goo.gl/maps/Chwfg). The *Freedom Classic 5K Run/Walk* (ages 8 to adult) **starts at 8 a.m.** with a challenging, fast and flat professionally-timed course through scenic neighborhoods, along Midlothian Road, and finishes at the Park District's flagship park. Medals are awarded to the overall male & female winners and the top three finishers in nine age categories. The **FREE ½-Mile Youth Run** (ages 4 to 10) **sponsored by McDonald's of Mundelein** begins after the 5K, around 9:00 a.m., at the same location, with all kids completing the run receiving a special medal (no registration required for Youth Run).

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“It’s a healthy way to wrap up your holiday weekend celebration,” said Margaret Resnick, Mundelein Park & Recreation District. “It is a fun way to meet up with neighbors and friends for a good run or walk. Thank you to all the local businesses that help make this a successful event.” Sponsors K. Hovnanian, Knauz Auto Group of Lake Bluff, and Mundelein Community Bank, share the Park District’s commitment to health, fitness and enjoying time outdoors. Last year about 500 competitors of all skill levels, from ambitious runners to those enjoying a leisurely walk (some even with baby strollers!) participated in the race and over 100 kids in the ½-Mile Youth Run.

Sign up now for the 5K and get a FREE event T-shirt (first 500 paid registrants). Registration is available online at <http://www.Signmeup.com/110894>. Fee is \$35 (June 1 – July 1 online only). In person registration is available July 3 at packet pickup from 10 am to 4 pm at the Community Center gymnasium (1401 N. Midlothian) or Race Day, July 4, from 6 am to 7:45 am at the packet pick up tent in front of the Community Center for \$40. For event-related questions or to volunteer, **call 847-388-5430**.

About Mundelein Park & Recreation District (MPRD)

Connecting the community, the Mundelein Park & Recreation District is comprised over 800 acres and features 33 parks—enjoy hiking and biking, 20 tennis courts, 28 playgrounds, picnic shelters and more. Conveniently located in north-central Lake County, MPRD serves a growing population of more than 37,000 residents with year-round programs, and award-winning education and recreational opportunities for all ages. For more information, visit www.mundeleinparks.org, Facebook, Twitter, or call **847-566-0650**.

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