



Mundelein Park & Recreation District

Connecting the Community

<http://www.mundeleinparks.org>

NEWS RELEASE

FOR IMMEDIATE USE

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**START YOUR 4TH OF JULY CELEBRATION OFF ON THE RIGHT FOOT AT
MUNDELEIN PARK DISTRICT'S 38TH ANNUAL 5K**

Freedom Classic Run/Walk and FREE kids' run connects outdoor fun, fitness

Mundelein, Illinois—Be a part of the 38 year tradition of lacing up your sneakers and hitting the pavement to kick off your Independence Day weekend at Mundelein Park & Recreation District's (www.mundeleinparks.org) *Freedom Classic 5K Run/Walk* and *FREE YOUTH RUN*.

There's a way for every age to get active at this special morning at **Keith Mione Community Park** (1401 N. Midlothian Road, Mundelein, <https://goo.gl/sk5Ng7>). The *Freedom Classic 5K Run/Walk* (ages 8 to adult) **starts at 8 am on JULY 1 (new date)** with a challenging, fast and flat professionally-timed course through scenic neighborhoods along Midlothian Road, and finishes back at the Park District's flagship park. Medals are awarded to the overall male and 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** (Silver Sponsor), begins after the 5K, around 9:00 am. The kid's race

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is held at the same location. All kids who complete the run receive a special medal. No registration is required for Youth Run.

“It’s a healthy way to start off your holiday weekend celebration,” said Margaret Resnick, Mundelein Park & Recreation District Executive Director. “Meet up with neighbors and friends for a good run or walk, or at least come cheer everyone on. The District thanks all the local businesses that help make this a successful event.” Gold sponsor K. Hovnanian Homes, Silver sponsors Knauz Auto Group in Lake Bluff (Silver + sponsor), Jewel-Osco of Mundelein, Ultimate Screen Printing and Mundelein Community Bank, share the Park District's commitment to health, fitness and enjoying time outdoors. Last year about 400 competitors of all skill levels (from ambitious runners to those enjoying a leisurely walk—some even with baby strollers!) participated in the race. Over 100 kids ran in the ½-Mile Youth Run.

New this year, trainers from Park View Health & Fitness will be leading group dynamic stretching pre-race and yoga/vinyasa post-race for 5K participants.

Sign up now for the 5K and get a FREE event T-shirt (first 500 paid registrants). Registration is available online at www.mundeleinparks.org (program #6496), in person or by mail at 1401 N. Midlothian Road. Fee is \$35 until June 27. On Race Day, walk-in registration is available 6-7:55 am, fee is \$40. Race packet pickup times are Thursday June 29, 3-7 pm at Mundelein Community Center Gymnasium or Race Day, July 1, 6:30-8 am Mundelein Community Center Circle Drive, 1401 N Midlothian Rd.

Early arrival is necessary since Midlothian Road will close at 7:30 am. There is parking available at the Mundelein Park District Campus as well as Mechanics Grove Elementary School. For event-related questions or to volunteer, **call 847-388-5430**.

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