



Mundelein Park & Recreation District

<http://www.mundeleinparks.org>

NEWS RELEASE

FOR IMMEDIATE USE

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PARK DISTRICT'S 40TH 5k RACE ON THE 4TH

Freedom Classic Run/Walk and FREE kids' run kicks off Independence Day Celebration

Mundelein, Illinois—Put your best foot forward as Mundelein Park & Recreation District (www.mundeleinparks.org) kicks off the community Independence Day celebration with the 40th Annual Freedom Classic 5K Run/Walk & FREE ½ Mile Kids Race The *Freedom Classic 5K Run/Walk* (ages 8 and up) starts at 8 am on July 4 at Community Park 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. New this year, the top male and female finishers will be awarded a cash prize. Medals are awarded to the

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top three male and female finishers in nine age categories. All registered runners will be entered in a drawing for raffle prizes and the Spray Park will be open from 8:15 – 10 am for runners and their families to cool off and enjoy after the race for free. Plus physical therapists from NovaCare Rehabilitation's new Mundelein office will be offering pre and post-race stretching.

The **FREE ½-Mile Kids Race** (ages 4 to 10) begins after the 5K, around 9:00 am. The kid's race is held at the same location. All kids who complete the run receive a special medal. No registration is required for Kids Race.

"We are so excited to celebrate hosting this race for 40 years now. It's a healthy way to start off your holiday 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, then head on over to the Community Days Celebration at Kracklauer Park after!"

The race is possible in part with the support of many sponsors. Platinum sponsors Medline Industries, Orthodontic Experts and NovaCare Rehabilitation and Gold Sponsors: McDonald's of Mundelein and Direct Fitness Solutions share the Park District's commitment to health, fitness and enjoying time outdoors. Last year over 300 competitors of all skill levels

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participated in the race. Over 100 kids ran in the ½-Mile Youth Run.

Registration for the race is underway and the first 400 paid registrants will receive a free event T-shirt. Registration is available online at www.mundeleinparks.org/FreedomClassic (fee: \$35) through June 30. After June 30, registration is available at the Community Center (fee: \$40) through noon on July 3. Onsite registration will be available race day from 6:30 – 7:45 am.

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

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