

## FOR IMMEDIATE RELEASE

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### City of Huntingburg Hosting Monthly “5-5-5” 5K Series

Huntingburg, Ind. – The City of Huntingburg is hosting a series of monthly 5K fun walk/runs intended to give people a chance to exercise in an enjoyable group setting. “5-5-5,” a program created by Huntingburg Mayor Denny Spinner, will take place on the 2<sup>nd</sup> Friday of the month from April through August at 5:00 p.m. “5-5-5” will occur on Fridays, April 11, May 9, June 13, July 11 and August 8, 2014.

“‘5-5-5’ was designed to increase awareness and participation in healthy activities,” says Mayor Spinner. “Through this program, kids and adults of every fitness level will have the opportunity to come and enjoy a walk or run and take advantage of the occasion to socialize with neighbors or meet new friends, while integrating physical activity into their routines.”

Children and adults of every fitness level are encouraged to participate in “5-5-5.” Participants should meet at Huntingburg City Hall, located at 508 E. 4<sup>th</sup> Street, prior to the 5:00 p.m. start time. There will be no timers during each 5K as it is meant to be a social opportunity that incorporates physical activity.

Two routes have been identified, one going through Huntingburg City Park and the other going through Niehaus Park. Water and healthy snacks will be provided at the end of each 5K. Those who participate in all 5 events will receive a free t-shirt.

Corporate partners for “5-5-5” include the Huntingburg Chamber of Commerce, OFS Brands, MasterBrand Cabinets, Hometown IGA, Dubois Wood Products and the Tri-County YMCA.

For more information, please contact Rachel Steckler, Director of Communication and Community Development, at 683-2211 or by email at [rsteckler@huntingburg-in.gov](mailto:rsteckler@huntingburg-in.gov).

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