



## NEWS RELEASE

**FOR IMMEDIATE RELEASE**  
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Contact: Delmarie Cobb  
773-373-3860

### **JACKSON PARK FIVE CLASSIC RUN/WALK IS AN EVENT FOR ALL AGES**

No matter what your fitness level, organizers of the 2016 Jackson Park Five Classic Walk/Run say they have a distance for you. The inaugural event, which will begin at 7:30 a.m. on Saturday, May 14, 2016, at 63<sup>rd</sup> Street and Hayes Drive, is designed to attract participants at all fitness levels and ages.

This exciting new race spearheaded by 5<sup>th</sup> Ward Alderman Leslie Hairston, the Tri-Masters-Youth Division and the South East Chicago Commission, is a continuation of the organizers efforts to make a healthy lifestyle a lifelong journey.

“We created an event on Chicago’s South Side that promotes a healthy lifestyle, positive community engagement and fun, explains event organizer and triathlete trainer Derrick Milligan.

Hairston says she hopes to make the Jackson Park Five Classic an annual event that people will look forward to throughout the city. The 5<sup>th</sup> Ward has been the host to a number of running events for years and the alderman says they have grown from hundreds of participants to thousands.

“We want to encourage everyone to get moving,” says Hairston, who is a triathlete. “These types of events are important because in so many African American communities there is a lack of healthy food choices, a lack of community centers, a lack of physical education in schools and a lack of safety for kids to play.”

The Jackson Park Five Classic will consist of the Groovy 5 Mile Run, the Funky 5K Run/Walk, which is 3.1 miles, and the Right On! .5 Mile Youth Run. The organizers are asking everyone to come dressed in 1960s and ‘70s inspired costumes.

The event also will celebrate Tri-Masters’ 25 years of fighting childhood obesity by getting young people hooked on an active lifestyle of running, bicycling and swimming. Proceeds from the Jackson Park Five Classic Walk/Run will go to the Tri-Masters Youth Division and SECC for ongoing youth programing.

For more information, contact Derrick Milligan at 773-398-4976 or [soulorca@me.com](mailto:soulorca@me.com).

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