MAYOR'S 5K RUN/WALK MAY 9
Third annual event to benefit Rush2Health

Rushville, Ind. – May 4, 2015 – Encouraging residents of all ages to "step up" Mayor Mike Pavey invites community members to participate in his third annual 5K run/walk on Saturday, May 9 at 8:30 a.m. at the Riverside Park Amphitheater, 100 Backstage Drive.

"This year's event will benefit Rush2Health, a community initiative that addresses physical inactivity and obesity rates here in Rush County. In 2014, a health data profile by the Rush County Health Department reported Rush County had an inactivity rate of 34 percent and an obesity rate of 32 percent.

"Physical inactivity rates have risen two percent since 2012. That's an upward trend we want to stop with next Saturday's event one way we can all come together to combat inactivity and obesity by enjoying the day getting exercise while benefitting a great cause," Pavey said.

The May 9 event will be a fast, scenic 5K (3.1 miles) run/walk through some of Rushville's most prominent features with a kick-off at the Riverside Park Amphitheater, home of the City's *Live by the Levee* summer concert series. Participants then will travel north through the neighborhoods of Morgan Street on their way to North Veterans' Memorial Park.

The return trip will take runners and walkers through South Veterans' Memorial Park before returning back to the Amphitheater. Refreshments will be available to participants.

According to Police Chief Craig Tucker who is the event organizer, those interested in participating are encouraged to register in advance by downloading and completing the registration packet available on the City's Web site or by contacting him at 765-932-3907 or ctucker@cityofrushville.in.gov

"We will offer registration the morning of the event from 7:45 – 8:30 a.m. New to our event this year is the addition of a Seniors Division for those walkers and runners 60 years and older.

"Those interested in being part of our Community Challenge can get a group of walkers and runners together to participate under the same group name or affiliation. The group with the most members will receive special recognition with a Community Challenge trophy," Tucker said.

Entry fees from now through the morning of the race are $15 for participants 18 years and older and children 17 years and younger are $10 with ***no guarantee*** of event t-shirts being available. Checks should be made payable to the City of Rushville, with "Mayor's Walk" written on the memo line.

Rush2Health members can receive $3 off of their registration fee with proof of membership.

Any businesses, organizations or individuals interested in sponsoring the event still may do so by completing the Sponsor Packet available on the City's Web site or by contacting Chief Tucker. While it is too late to add sponsor names on the event t-shirts, some levels of sponsorship still are being accepted.

The race will conclude with an awards ceremony with medals presented to the top three finishers for the run and walk divisions of male and female 17 and under, male and female 18 to 59 and male and female 60 years and older.

Rush2Health will host a Celebration of Progress from 8:00 a.m. – noon at the Riverside Park Amphitheater with health screenings, games for all ages, Boomer from the Indiana Pacers and the Bloodmobile on site.

Everyone is encouraged to sign up to be a Rush2Health member at Rush2Health's Web site to track personal weight loss, healthy eating and physical activity as well as that of the Rushville community.

Event proceeds from the Mayor's 5K Run/Walk will be used to continue promoting physical activity and tracking Rush County's progress.

For more information, visit Rush2Health's Web site or the City of Rushville's Web site.

For questions or interview requests, contact Mayor Pavey at 765-932-3735 or Chief Tucker at 765-932-3907.