

FOR IMMEDIATE RELEASE

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**14th Annual Run the Ridge 5K Run and Roll and
1K Walk and Roll
Scheduled for June 2nd in Burr Ridge**

BURR RIDGE, IL, June 2nd, 2018 – Runners, Walkers and Wheel Chair Rollers of all ages will come together to support Autism awareness for “The Charlie’s Gift Center for Autism and Related Disorders” during the Run the Ridge 5K Run and Roll and the 1K Walk and Roll on Saturday, June 2, 2018 in Burr Ridge, IL. New this year is the Wheel Chair “Roll” division led by Mr. Kenneth Carwell. Onsite registration begins at 6:30 a.m. and pre-Race warm up at 7:30 a.m.

The Run the Ridge 5K Roll for Wheel Chair Race starts promptly at 7:50 a.m., the 5K for runners starts promptly at 8 a.m., and the 1K for all other runners, walkers and wheel chair participants begins at 9 a.m. at County Line Square Shopping Center, 150 Burr Ridge Parkway in Burr Ridge, IL.

On Wednesday, May 9, 2018 from 7:00PM-8:00PM join our expert physician, Stacy McCarty, MD, and physical therapist, Tobey Yeates, PT, DPT, at Right Fit Sports Fitness, 7101 S. Adams St., Unit 7, Willowbrook, IL, for a free discussion on *running injuries, prevention and treatment*. Please email mike@right-fit.com or call 630.850.4050 to register. Walk-ins welcome.

The Event raises funds for Charlie’s Gift, a treatment center within The Community House. Charlie’s Gift offers treatment and support for Autism Spectrum Disorders, sensory processing concerns, mood disorders and attention deficit hyperactivity disorders while providing opportunities to gain a

better understanding and creating strategies for meaningful change. Charlie's Gift uses a family centered, team approach to address the needs of children and families facing autism and related disorders.

Burr Ridge Mayor Mickey Straub will be on hand June 2 to kick off the Event. The day of family activities will include a variety of entertainment such as: performance from Team United Taekwondo Demo Team, family fitness and obstacle challenges, face painting, tattoos, crafts and more. The 5K entry fee is \$35 for participants registering by May 2nd and \$45 after May 2nd. The entry fee for the 5K includes a sports performance t-shirt and "goody bag" for the first 500 registrants. The fee for the 1K Run/Walk/Roll is \$10 through May 2nd and \$15 after May 2nd.

Sponsors of this year's Race are: US Bank; Loyola University Health System; Crowne Plaza Chicago SW Burr Ridge; Right Fit Sports Fitness Wellness; The Village of Burr Ridge; Chris Gilmore Yoga; Capri Restaurant Burr Ridge; Mr. John Miller; Automated Forms and Graphics, Lemont; Brookhaven Marketplace, Burr Ridge; Running for Kicks Palos Heights; Avgeris and Assc., Burr Ridge Park District and Double-Good Popcorn.

Right Fit, the Organizer of the Race, is a fitness and health company committed to providing comprehensive and inclusive fitness, sports performance and wellness programs. Right Fit offers programs that teach the benefits of proper posture, daily exercise, efficient movement patterns, and balanced nutrition.

Register at www.runtheridge5k.com or call Right Fit Willowbrook to register: 630-850-4050. Volunteers needed and welcome for 2018 Run the Ridge Race, please call us at 630-850-4050.