

WAUKEGAN PARK DISTRICT

PRESS RELEASE

**George Bridges 5K, Worldwide Day of Play, & Fitness Expo
September 17, 2016 from 9:00am-1:00pm
Field House Sports and Fitness Center
800 Baldwin Avenue, Waukegan**

Waukegan, IL (September 12, 2016) – The Waukegan Park District invites the public to the George Bridges 5K, Worldwide Day of Play and Fitness Expo on Saturday, September 17, 2016 from 9:00am-1:00pm at the Field House Sports and Fitness Center. New this year is the addition of the first annual George Bridges 5K. The course will start and end at the Field House and is a great way to start your Day of Play and Fitness Expo. Proceeds from the event will benefit scholarships for the Special Recreation Programs and Services. To register, visit www.waukeganparks.org.

The event includes a host of fun activities planned for kids, families, and adults of all ages. Organized games and contests such as dodgeball, soccer, and basketball will be set up in the gym. Children and adults are urged to try something new from the list of activities offered including: volleyball, ping pong, USTA Tennis, the batting cage, crafts, Baggo, Zumba for all ages, a 3-point shooting contest, and supervised open climbing wall during the entire event!

AbbVie will be holding fun jump rope and hula hoop contests as well as giving away cookbooks, jump ropes and hula hoops. In addition, they will be offering demonstrations and tips for eating healthy.

Cha! Cha!, the loveable red-eyed tree frog mascot from the Rainforest Café, will once again roam the event. **Cha! Cha!** will be handing out restaurant coupons and will take keepsake photos with children.

Occurring at the same time will be the Field House Fitness Expo. Adults and kids over 14 will have free admission to the Fitness Center and the indoor walking/running track. There will be many fitness and health related vendors in addition to information and certified fitness staff available for those interested in finding ways to make their families healthier and learn new ways to promote physical activity. Vista Health System will be offering free health and wellness screenings for all participants.

Worldwide Day of Play and the Fitness Expo are annual **FREE** celebrations that promote active play for kids and adults of all ages. World Wide Day of Play encourages children to “get out and play” in an effort to fight childhood obesity. Stop by the Field House at Hinkston Park or call 847-782-3300 for more information.

The Waukegan Park District would like to thank *Vista Health System, NorStates Bank, and Waukegan Roofing* for their generous support of this event.

About the Waukegan Park District

Established on December 26, 1916, the district has 48 sites and more than 735 acres of land, including the 18-hole Bonnie Brook and 9-hole Greenshire Golf Courses. Properties are managed to the highest environmental and conservation standards. Facilities operated by the district include the Field House Sports and Fitness Center, the Jack Benny Center for the Arts, the Waukegan SportsPark, the Waukegan Skate Park, the Waukegan BMX Track, recreational centers, an outdoor swimming pool, disc golf course, dog exercise area and agility course, outdoor sports fields, picnic areas, playgrounds, and sports courts including basketball, tennis and pickleball. A full range of programs and services are offered year round for all ages, from infants to seniors as well as special needs populations. Healthy lifestyles, wellness initiatives, and a connection with the outdoors and nature are integrated throughout programs, services,

and special events. Cultural events are provided by the Waukegan Symphony Orchestra and Concert Chorus, and the Waukegan History Museum. There is something for everyone! The award-winning District employs 61 full-time and over 230 part-time, year round, seasonal, and temporary employees. The District is a member of the National Recreation and Park Association (NRPA), Illinois Association of Park Districts (IAPD), and Illinois Park and Recreation Association (IPRA). The district maintains national accreditation from the NRPA Commission for Accreditation of Park and Recreation Agencies (CAPRA), the Illinois Association of Park Districts (IAPD) Distinguished Agency accreditation and the Park District Risk Management Agency (PDRMA) accreditation and maintains a Level A Loss Control Program. The district was a NRPA Gold Medal Finalist in 2012 and 2013, and awarded the NRPA National Gold Medal Award for Excellence in Park and Recreation Management in 2013.

9/13/16/Comm. Relations

Contact:

Quincy Bejster, Supervisor
Field House Sports and Fitness Center
Waukegan Park District
(847) 782-3625
qbejster@waukeganparks.org

Attached are photos from 2015 Worldwide Day of Play.

