

FOR IMMEDIATE RELEASE

Kelsey Nygaard
KelseyNygaard@lawndale.org
872.588.3187

Lawndale 5K 2018 Scheduled for 9/29/18

CHICAGO – September 12, 2018

Lawndale Christian Fitness Center and Lawndale Christian Health Center will host the 11th annual Lawndale 5K Walk/Run in North Lawndale, Chicago on Saturday, September 29th, 2018. The Lawndale 5K is a fun, family-friendly event for the entire community. It is the only community-wide race in the Lawndale neighborhood. Last year, there were over 1,500 race participants. Registration is \$30, and participants receive a specially-designed performance tee, fandanana and finisher's medal. Volunteers are also needed. Proceeds from this year's 5K will benefit the Farm on Ogden – an urban greenhouse, fresh market, and job training facility that opened in North Lawndale in June 2018.

The Farm on Ogden is a unique collaboration between Lawndale Christian Health Center (LCHC) and the Chicago Botanic Garden's Windy City Harvest, dedicated to transforming the long-term health of the Lawndale community. It is located just off the CTA Central Park Pink Line. The beautifully renovated building includes a 6,000 square-foot greenhouse, that can grow over 30,000 pounds of produce, along with a hydroponics/aquaponics system that will produce 14,000 pounds of tilapia annually. The vision for the Farm of Ogden is for it to become a food hub that will serve beginning farmers, train youth and adults, and build the local food system by enhancing access to healthy fresh produce in Chicago.

To learn more about the Lawndale 5K and register online to support the Farm on Ogden, visit www.lawndale5K.org.

For additional information, please contact
Kelsey Nygaard
Communications and Development Coordinator
872.588.3187
KelseyNygaard@lawndale.org

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Lawndale Christian Health Center (LCHC) is a community-based nonprofit organization, founded in 1984 and dedicated to improving the health of Lawndale and the neighboring communities on Chicago's West Side. LCHC provides quality primary care services without regard for a patient's ability to pay and serves as a community resource for eliminating health disparities.