



For Immediate Release

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**City of Ridgeland to celebrate Mississippi's Healthiest Hometown Award
with free 5K and 1-mile fun run**

(Ridgeland, Mississippi – Sept. 13, 2013) – City of Ridgeland officials have announced plans for a Healthiest Hometown Celebration in recognition of its award, Mississippi's Healthiest Hometown 2013 by the Blue Cross & Blue Shield of Mississippi Foundation. The city will accept a \$50,000 grant from the Foundation at the event set for Saturday, Oct. 19. A free 5K and a 1-mile fun run will use the Ridgeland Multiuse Trail, leaving from Olde Towne Ridgeland Plaza at 8 a.m. T-shirts will be given to the first 200 pre-registered participants.

"When we accepted the award at the 2013 Mississippi Municipal League Annual Conference, we knew that we wanted to celebrate in a healthy way that involved the community," said Gene McGee, Mayor. "Ridgeland earned the award due to significant efforts by our city government working with Ridgeland schools, churches, businesses and organizations. The efforts of the Healthy Hometown Committee which represents all facets of the community helped make this award possible."

The event schedule includes check-in/registration at 7:15 a.m. followed by a warm-up led by personal fitness trainer, Lisa Newman. Blue Cross & Blue Shield of Mississippi Foundation will present the award check to the City of Ridgeland prior to the run/walk. The 5K will begin at 8 a.m. The 1-mile fun run will begin at 8:05 a.m.

The \$50,000 grant award will be used to support ongoing health initiatives in Ridgeland. Plans to use the grant money will be announced at the event.

The City of Ridgeland wishes to thank the members of the Healthy Hometown Committee as well as local businesses, churches, schools and organizations for making this award possible. Committee members include: Warren Herring

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Gene F. McGee, cmo - mayor • Paula W. Tierce, phr - city clerk/human resources director

board of aldermen: D.I. Smith - at-large • Ken Heard, cmo, mayor pro tempore - ward 1 • Chuck Gautier, cmo - ward 2
Kevin Holder, cmo - ward 3 • Brian P. Ramsey, cmo - ward 4 • Scott Jones, cmo - ward 5 • Wesley Hamlin, cmo - ward 6



(chairman), Lynda Assink, Michael Bartley, Marilyn Beach, Renee Buckner, Michael Cox, Janet Dennis, Jeff Eads, Michael Elinski, Murray Harber, Ken Heard, Lesley Holleman, David Johnson, Judy Johnson, Mike McCollum, Sandra Monohan, David Ostrander, Jayce Powell, Janet Shearer, Deidre Smith, Wes Tankersly, Leslie Thomas, Mina Thorgeson, Katy Tillman, Emily Wasson, Jerry Williams, Marci Williams and Allison Wood.

Event Details

What: Healthiest Hometown Celebration to include a free 5K run/walk, 1-mile fun run/walk and check presentation

Where: Olde Towne Ridgeland Plaza, corner of W. Jackson Street and N.E. Madison Drive, Ridgeland

When: Saturday, Oct. 19

7:15 a.m.: Check-in/registration

7:50 a.m.: Check presentation by Blue Cross & Blue Shield of Mississippi Foundation

8 a.m.: 5K run/walk begins

8:05 a.m.: 1-mile fun run begins

Healthy snacks will be available after the run/walk.

Pre-registration is requested by downloading a registration form at <http://www.ridgelandms.org/licenses-forms-permits/> and returning it to the Ridgeland Recreation and Parks Department. T-shirts will go to the first 200 preregistered participants. For more event information, contact Wendy Bourdin at 601-853-2011 or wendy.bourdin@ridgelandms.org.

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