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FOR IMMEDIATE RELEASE

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GET ACTIVE FOR ARC: 2017 BBQ & A BREW 5K FUNDRAISER TO TAKE PLACE AT THE LAKE ROAD INN

NORMAL, Ill.—The 2017 BBQ & A Brew 5K & 1 Mile Walk/Run, presented by ARC Activity & Recreation Center in Normal, will take place Sunday, Oct. 1 from 2:30 – 6:00 p.m. at The Lake Road Inn in Hudson. Proceeds will benefit the ARC Living Memorial Fund and ARC’s goal to offset the cost of renovations needed to expand activity space for the center’s nearly 4,000 members.

The inaugural BBQ & A Brew 5K & 1 Mile Walk/Run fundraiser, which took place in 2016, was an amazing success. The event brought in over 115 participants and upwards of 40 volunteers, helping to raise over \$2,200 for the ARC Living Memorial Fund. ARC staff and Normal Township officials were overjoyed at the result and hope to see even greater success this year.

“ARC keeps seniors healthy and active through a number of programs that are designed to stimulate the body, mind and spirit. The inviting, safe environment also encourages socialization through fun games and leisure activities designed to help members to get to know each other and establish deeper connections,” Director of Programming at ARC Molly Camper said. “With a 267% increase in membership from April 2016 to April 2017, we are unable to supply the amount of programming necessary for the members. By funding the renovation of the west side of the building, we will be able to better meet the demands of our membership.”

BBQ & A Brew 2017 offers a chance for the whole family to get active in support of McLean County seniors and the programs they need to enjoy a successful aging experience and improved quality of life. In addition to the 5K and

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1-mile events, there will be a number of activities for the family's youngest members to enjoy. These include a free ¼-mile youth run, a bounce house and cotton candy. All 5K and 1-mile participants will be served a BBQ meal following the race consisting of a pulled-pork sandwich, chips, root beer and lemonade.

Online registration for the event is open through Thursday, Sept. 28 at noon. Race-day registration and check-in will begin at 2:30 p.m. at The Lake Road Inn. Pre-race packet pick up will take place at ARC on Friday, Sept. 29 from 4-7 p.m. Cost of the event is \$30 for a runner or walker in the 5K or 1-mile events and \$8 for a meal ticket for youth run participants and non-participants. The first 100 people to register for the 5K or 1-mile walk/run will receive a performance race t-shirt to wear on race day.

ARC would like to thank Neuhoff Media and BOB FM 97.9 for partnering with them as the official media sponsor for BBQ & A Brew 2017 and Fleet Feet Sports and Advocate BroMenn Health & Fitness Center for supporting the event as Gold Medal sponsors.

Register for the 2017 BBQ & A Brew 5K & 1 Mile Walk/Run online at <https://signup.itsracetime.com/Race/IL/Hudson/BBQandaBrew>. Paper registration forms are available at ARC as well. Learn more about the event by searching 2017 ARC BBQ & A Brew 5K & 1 Mile Walk/Run Fundraiser on Facebook or call Samantha Oleson at ARC at 309-888-9099.

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About ARC

The mission of ARC is to provide a modern, friendly atmosphere for socialization and fitness, as well as recreational, nutritional, health support and assistance services for senior citizens throughout McLean County. We believe in supporting a comprehensive range of programs and services for older adults. Our classes and activities meet a wide array of interests, expectations and needs while we work to continually expand our program. ARC, sponsored by Normal Township, works with other supportive senior service agencies and individuals in and outside of McLean County.