

Cantigny 5K Run/Walk Steps Off November 7

Race proceeds benefit Midwest Shelter for Homeless Veterans in Wheaton

WHEATON, IL, October 12, 2009 — Cantigny Park, part of the McCormick Foundation, invites runners and walkers of all ages to enter the Cantigny 5K Run/Walk on Saturday, November 7. The event is held annually in association with Veterans Day (Nov.11).

Net proceeds from the race will benefit the [Midwest Shelter for Homeless Veterans](#), a transitional living facility in Wheaton that provides assistance to U.S. vets in need, including skills for independent living.

Registration for the 9 am race is limited to the first 800 entries, up from 700 in 2008. Full registration has been achieved every year since the first Cantigny 5K in 2004.

The event's popularity begins with the scenic course, which highlights key features throughout the 500-acre Cantigny estate. Runners and walkers start and finish at the park Visitors Center, and during the route pass by the First Division Museum, Robert R. McCormick Museum and formal gardens. A portion of the route covers rolling hills on Cantigny's 27-hole golf course. The entire course is on a blacktop surface.

The Cantigny 5K will be chip timed. Results will include finish time, pace, overall finish position, age and division place.

Race registration is available online at signmeup.com/64763. Entry fee is \$25 and includes a long-sleeve microfiber running shirt. A Youth Run (1 mile) is offered for ages 6 to 10, and a Tot Run (1/4 mile) is open to children ages 1 to 5. Registration for the youth and tot divisions is \$8. Kids also receive the tech running shirt.

For additional event information or to download a registration form, visit Cantigny.org. Questions may be directed to Brian Gray at bgray@cantigny.org or 630 260 8167.

More about the Midwest Shelter for Homeless Veterans is at helpaveteran.org.

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About the McCormick Foundation

The McCormick Foundation is a nonprofit organization committed to strengthening our free, democratic society by investing in children, communities and country. Through its grantmaking programs, Cantigny Park and Golf, museums and civic outreach program the Foundation helps build a more active and engaged citizenry. It was established as a charitable trust in 1955, upon the death of Colonel Robert R. McCormick, the longtime editor and publisher of the Chicago Tribune. The McCormick Foundation is one of the nation's largest charities, with more than \$1 billion in assets. For more information, please visit McCormick Foundation.org.

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