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FOR IMMEDIATE RELEASE:

**THE COOKING LIGHT & HEALTH FIT FOODIE FESTIVAL & 5K BENEFITTING NO KID HUNGRY
ANNOUNCES 2018 DATES, RETURNING TO FOUR U.S. CITIES**

*Austin, TX, Fairfax, VA, Denver Metro, CO, and San Diego, CA to host the Most Delicious
Fitness Festival Ever*

San Diego, CA (February X, 2018) – The Cooking Light & Health [Fit Foodie Festival & 5K, the most delicious fitness festival ever](#), benefitting [No Kid Hungry®](#), announces dates for its 2018 run lineup.

The Festival & 5K, and an additional 10K in Denver, brings the *Cooking Light* and *Health* brands to life in Fairfax, Virginia (June 2); Austin, Texas (June 23); Denver Metro, Colorado (July 28); and San Diego, California (October 20) with the most delicious fitness festival in the country. Bringing a selection of today's top culinary, health and nutrition brands face-to-face with food and fitness enthusiasts, the Fit Foodie Festival & 5K dishes up a healthy dose of guidance and motivation to help stay on track with wellness goals, and discover new lifestyle brands.

The Fit Foodie Festival & 5K celebrates the balance of a delicious, healthy and active lifestyle as participants eat their way to the finish line with bites along the course, and then celebrate at the post-run Food and Fitness Festival.

At the Food and Fitness Festival, participants are rewarded for making healthy choices with tastes from some of today's hottest and emerging health and wellness brands, the Cooking Light & Health Wellness Pavilion, local restaurants, beer garden, mini-workout classes, cooking demonstrations, and more.

Fit Foodie Festival & 5K registration includes:

- Run registration and bib
- Bites along the course
- Finisher's medal
- Access to Cooking Light & Health Wellness Pavilion
- Delicious tasting stations including Plant Fusion, Mann Packing, PRE Brands (to name a few!)
- Celebration drinks at Beer Garden
- Happy Hour Bib Pickup
- Goody bag with gifts from top health and wellness brands
- Cash reward for top finishers
- Cayman Islands Travel Package for top male and female winners
- Included donation to charity partner No Kid Hungry

The Fit Foodie Festival & 5K benefits No Kid Hungry, a campaign of the national anti-hunger organization Share Our Strength. Runners can form a team and fundraise in an effort to support No Kid Hungry's mission to end child hunger in America.

Registration for the Fit Foodie Festival & 5K is now available at www.fitfoodierun.com. Registration cost begins at \$25 per person and increases until race day. Spectators receive complimentary admission to the post-run Food and Fitness Festival. The Cooking Light & Health Fit Foodie Festival & 5K is a production of Fast Forward, based in San Diego, CA.

ABOUT THE COOKING LIGHT & HEALTH FIT FOODIE FESTIVAL & 5K:

The Cooking Light & Health Fit Foodie Festival & 5K, the most delicious run ever, is the ultimate celebration of food, fitness and fun. In 2018, the series will be held in Austin, Texas (June 23); Fairfax, Virginia (June 2); Denver Metro, Colorado (July 28); and San Diego, California (October 20). The Fit Foodie Festival & 5K celebrates the balance of delicious, healthy food and a fun, active lifestyle as runners eat way their way to the finish line with bites along the course, then celebrate at the post-run Food and Fitness Festival. The post-run Festival features bites from local restaurants, beer garden, mini-workout classes, cooking demonstrations, and more. For more information, visit www.fitfoodierun.com, or follow the Fit Foodie Festival & 5K on [Facebook](#), [Twitter](#) and [Instagram](#).

ABOUT NO KID HUNGRY:

No child should go hungry in America, but 1 in 6 kids will face hunger this year. Using proven, practical solutions, No Kid Hungry is ending childhood hunger today by ensuring that kids start the day with a nutritious breakfast, eat healthy summer meals, and families learn the skills they need to shop and cook on a budget. When we all work together, we can make sure kids get the healthy food they need. No Kid Hungry is a campaign of the national anti-hunger organization Share Our Strength. Join us at NoKidHungry.org.

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