

Contact:
Haley Messner, Fit Foodie Race Series
Messner@fastforwardevents.com
619-312-1212



FOR IMMEDIATE RELEASE:

LOCAL CHEF AMIR HAJIMALEKI JOINS JOHN HANCOCK HOSTS THE COOKING LIGHT & HEALTH FIT FOODIE FESTIVAL & 5K AS A CULINARY HEADLINER

Austin, TX (May 15, 2017) – [John Hancock Hosts the Cooking Light & Health Fit Foodie Festival & 5K](#), the most delicious run ever, welcomes local Chef, Amir Hajimaleki as a culinary headliner to the Fit Foodie Run, held at Old Settlers Park in Round Rock, May 20.

Chef Hajimaleki, Executive Chef at District Kitchen & Cocktails and Oasthouse Gastropub, joins an impressive lineup of culinary presenters, including: Cooking Light Editor, Carolyn Williams, Chef Matthew Harris of Flower Child restaurant and Executive Chef Robert Del Grande of Café Annie.

To help racers refuel after crossing the finish line, inside the John Hancock Vitality Village Food and Fitness Festival Chef Amir demonstrates his signature Blended Umami Burger on the culinary stage. Also featured on the culinary stage, Carolyn Williams dishes up one-pan Broccoli-Bacon Mac & Cheese in Cooking Light's signature healthy, yet delicious style.

A calorie burned is a calorie earned at the Fit Foodie Festival & 5K. In addition to bites from local restaurants, a beer and wine garden and cooking demonstrations, Camp Gladiator, Jungle Movement and CarrieFit take the John Hancock Vitality Fitness Stage for exciting mini fitness classes. Josh Grant from The Jungle Movement academy provides a heart-pumping dance warm up, later followed by a post-run obstacle course. Carrie Harper of CarrieFit leads a post-race stretch and Camp Gladiator, offers an exciting bootcamp

Runners also have the chance to meet and get inspired by John Hancock Elite Athlete Ambassadors: two-time Olympian and fourth fastest American marathoner of all time, Desiree Linden, and Boston Marathon American course-record-holder, Olympian Ryan Hall.

With food and drink samples spread throughout the John Hancock Vitality Village, runners can stay hydrated with Hapi Water, taste bites from HomePlate Peanut Butter, Primizie Snacks, Veggie Noodle Co., and Papa Murphey's Pizza.

The Fit Foodie Festival & 5K benefits national nonprofit, No Kid Hungry. Runners can form a team and fundraise, in an effort to support No Kid Hungry's mission to end child hunger in America.

Race registration for John Hancock Hosts the Cooking Light & Health Fit Foodie Festival & 5K, is now available at www.fitfoodierun.com. John Hancock Hosts The Cooking Light & Health Fit Foodie Festival & 5K is a production of Fast Forward, based in San Diego, CA.

(Continued)

ABOUT JOHN HANCOCK HOSTS THE COOKING LIGHT & HEALTH FIT FOODIE FESTIVAL

AND 5K: John Hancock Hosts the Cooking Light & Health Fit Foodie Festival and 5K, the most delicious 5K ever, is the ultimate celebration of food, fitness and fun. In 2017, the race series will be held in Austin, Texas (May 20); Fairfax, Virginia (June 3); Denver, Colorado (July 29); Clearwater, Florida (September 9); and San Diego, California (October 7). The Fit Foodie Festival and 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 at every mile, then celebrate at the post-race John Hancock Vitality Village Food and Fitness Festival. The post-race festival features bites from local restaurants, beer and wine garden, mini-workout classes, cooking demonstrations, meet and greets with elite athletes, and more. For more information, visit www.fitfoodierun.com, or follow the Fit Foodie Festival and 5K on [Facebook](#), [Twitter](#) and [Instagram](#).

View boilerplates and more information at www.fitfoodierun.com.

###