

*John Hancock*

HOSTS THE

CookingLight & Health

**FIT FOODIE**  
FESTIVAL & 5K / 10K

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**FOR IMMEDIATE RELEASE:**

**OLYMPIANS AND ALL STAR FITNESS PERSONALITIES TO HEADLINE JOHN HANCOCK  
HOSTS THE COOKING LIGHT & HEALTH FIT FOODIE FESTIVAL & 5K/10K**

**Denver, CO (June 21, 2017)** – [John Hancock Hosts the Cooking Light & Health Fit Foodie Festival & 5K/10K](#), the most delicious run ever, welcomes an impressive selection of fitness personalities to the five-city national run/walk, being held in the Denver, CO metro area at Westminster City Park on Saturday, July 29.

Runners have the unique opportunity to run with and meet John Hancock Elite Athlete Ambassadors: Olympians Deena Kastor and Shalane Flanagan. Both women hold multiple American records on the road and track, with Kastor earning an Olympic bronze medal in the marathon and Flanagan an Olympic silver medal in the 10,000m. Flanagan has also run the fastest American women's time at the Boston Marathon, held each year in April and sponsored by John Hancock.

Joining runners and walkers for the 5K/10K is [Robby Hayes](#), runner-up on season 12 of ABC's *The Bachelorette*, former pro-swimmer, and recent Denver resident. Hayes will provide an interactive fitness demonstration inside the post-run John Hancock Vitality Village Food and Fitness Festival.

At the Fit Foodie, top athletes are challenged to earn their best 5K or 10K time for the chance to win entry into the 2017 [Intertrust Cayman Islands Marathon](#) in the Cayman Islands on December 3, including a four night stay at host hotel for the marathon, The Westin Grand Cayman Seven mile Beach Resort and Spa, round-trip coach air transportation for two to Grand Cayman, and airport/hotel transfers in Grand Cayman. First place male and female finishers in both the 5K and 10K will be entered into a drawing among top runners in each of the Fit Foodies five national markets, in which one male and one female winner will be selected at random.

A calorie burned is a calorie earned at the Fit Foodie Festival & 5K/10K. In addition to the exciting fitness experiences and celebrity meet-and-greets, runners refuel after crossing the finish line inside the [free community](#) Food and Fitness Festival with a Beer & Wine garden and bites and sips from: Rubio's Coastal Grill, R-Taco, Brew Dr. Kombucha, FlapJacked, Jackfruit, Laura Chenel, Lifeway, Mrs. Thinsters' Cookie Thins, Marin French Cheese, Rishi Tea, Rhythm Superfoods, RXBAR, Silk, Wild Planet Foods and Cypress Grove.

The Fit Foodie Festival & 5K/10K 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. Denver's local charity partner is Alliance for a Healthier Generation

whose mission is to reduce the prevalence of childhood obesity and to empower kids to develop lifelong, healthy habits.

Registration for John Hancock Hosts the Cooking Light & Health Fit Foodie Festival & 5K/10K, free boot camp, and free Food and Fitness Festival is now available at [www.fitfoodierun.com](http://www.fitfoodierun.com). The 5K/10K is currently priced at \$35 and prices increase until race day. The run/walk as well as the free Food and Fitness Festival takes place on Saturday, July 29 from 8:00 am to 11:00 am. John Hancock Hosts the Cooking Light & Health Fit Foodie Festival & 5K/10K is a production of Fast Forward, based in San Diego, CA.

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

**& 5K/10K:** John Hancock Hosts the Cooking Light & Health Fit Foodie Festival & 5K/10K, the most delicious run ever, is the ultimate celebration of food, fitness and fun. In 2017, the run 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 & 5K/10K 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-run 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](http://www.fitfoodierun.com), or follow the Fit Foodie Festival & 5K/10K on [Facebook](#), [Twitter](#) and [Instagram](#).