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FOR IMMEDIATE RELEASE

REGISTRATION OPEN FOR CANTIGNY 5K

Proceeds benefit the Midwest Shelter for Homeless Veterans in Wheaton

Wheaton, Ill., October 14, 2014 — Cantigny Park invites runners and walkers of all ages to enter the 11th Annual Cantigny 5K Run/Walk on Saturday, November 1. The event is held annually in association with Veterans Day (November 11).

The race begins at 9 am with net proceeds benefitting the [Midwest Shelter for Homeless Veterans](#), a transitional living facility in Wheaton that provides assistance to U.S. veterans in need, including skills for independent living. The 2013 Cantigny 5K raised \$11,000 for the shelter.

Race registration is limited to the first 1,000 entries. A full field 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's Visitor Center. During the route they pass 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 is chip timed. Results will include finish time, pace, overall finish position, age and division place. Entry fee is \$25 and includes a running shirt. A Youth Run (1 mile and chip timed) 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 \$10. Kids also receive a shirt and a medal.

Race registration is available online at signmeup.com/100021. Registration will be available until the limit is reached or 4 pm on October 30, whichever comes first. There is no race day registration.

Also on race day, Cantigny Post 556 of the American Legion will host a Pancake Breakfast inside the Cantigny Visitors Center from 7 am to 1 pm. Runners, walkers and spectators are welcome! The cost is \$7 per person and \$2 for ages 4 and under. Parking is free.

Cantigny 5K details are online at Cantigny.org. Questions about the event may be directed to Brian Gray at bgray@cantigny.org or 630.260.8167.

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

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About Cantigny Park

Cantigny Park, part of the nonprofit Chicago-based Robert R. McCormick Foundations, is the 500-acre Wheaton (Illinois) estate of Robert R. McCormick (1880-1955), longtime editor and publisher of the *Chicago Tribune*. It is home to 30 acres of spectacular gardens, the Robert R. McCormick Museum, the First Division Museum and a 27-hole championship golf course. All are open to the public. Cantigny also is a favorite destination for special events, weddings, concerts, lectures, workshops and other recreation and learning opportunities for all ages. Full-service banquet and dining facilities are on site. More information, including hours, directions and a calendar of upcoming events is online at Cantigny.org. For details about Cantigny Golf, including the Cantigny Golf Academy and 9-hole Cantigny Youth Links, please visit CantignyGolf.com.