



## TOWNSHIP OF HILLSBOROUGH

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# News Release

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FOR IMMEDIATE RELEASE  
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## **Hillsborough Recreation Partners with Mayors Wellness Campaign for Second Annual Run Around the Park 5K – Sunday, April 19<sup>th</sup> at AVM Park**

### *Partnership Enhances Promotion of a Healthy and Active Lifestyle*

“The second annual Run Around the Park 5K hosted by the Hillsborough Parks and Recreation Department will take place on Sunday, April 19<sup>th</sup> at 9:30am at Ann Van Middlesworth Park and is in partnership with the Mayors Wellness Campaign”, reminded Mayor Doug Tomson at Tuesday’s Township Committee Meeting.

“This non-competitive, recreational run is held on trails and through fields of Ann Van Middlesworth Park and is fun for the whole family,” commented Mayor Tomson.

The run benefits Hillsborough’s parks and the Community Assistance Network (formerly known as the Hillsborough Food Pantry).

The event represents a fun way to enjoy Hillsborough’s parks and participate in an active lifestyle. The partnership with the Mayors Wellness Campaign will further the event’s goals of encouraging healthy living.

“The Township’s 2014 Sustainable Jersey Bronze Certification included recognition of the Mayors Wellness Campaign as part of the Building Healthier Communities Action; so it is a win-win,” added Committeewoman Gloria McCauley, Liaison to the Sustainable Hillsborough Steering Committee

“This is a great opportunity to get out and enjoy the scenic run through AVM while doing something healthy that the whole family can participate in together,” concluded Mayor Tomson.

After the run, all participants enter the Finish Line Festival, with music, food, and even more fun.

Runners and walkers of all ages and abilities are welcome to participate. Registration and more information are available now for the Run Around the Park at [hillsboroughnjrecreation.org](http://hillsboroughnjrecreation.org).

### **ABOUT THE DEPARTMENT OF PARKS & RECREATION**

Hillsborough’s Department of Parks and Recreation maintains 19 parks and recreational facilities and provides recreational programming and social activities for residents of all ages and abilities.

### **ABOUT THE MAYORS WELLNESS CAMPAIGN**

The Mayors Wellness Campaign is a program that gives mayors tools and strategies to champion healthy and active living and to improve the overall health of their communities.

In 2006, Hillsborough pledged its commitment to the Mayors Wellness Campaign (MWC), a statewide project designed to bring increased awareness to the local communities about the benefits of a healthy lifestyle. Over the years various events are sponsored throughout the Township in partnership with the MWC.

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