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JUNIOR LEAGUE OF NEW ORLEANS TO HOST THIRD ANNUAL FRERET 5K

September 23, 2015, NEW ORLEANS, LA – The Junior League of New Orleans (JLNO) is off to a running start this fall, announcing the third annual Freret 5K at 7:00 a.m. on Saturday, October 17, 2015.

Presented by JLNO and Ochsner Baptist, the Freret 5K is a family-friendly event that encourages a sense of community among all ages and enables the area's residents and business owners to share their neighborhood pride. The Freret 5K showcases a vibrant economic corridor, promotes family fitness and raises funds for JLNO's community projects and volunteer efforts.

"The Junior League of New Orleans is proud to be a member of the dynamic Freret Street community," said Shannon McCloskey Able, president of JLNO. "Since the doors of our Bloomin' Deals thrift store opened in 1960, we've been honored to be a part of the growth and positive change in this neighborhood."

Race day festivities include a 5K run/walk, a half-mile fun run, musical entertainment from the Tulane Jazz Band, post-race refreshments, awards and raffles. The race will start and finish at the Bloomin' Deals Thrift Store at 4645 Freret Street; participants will travel down the Freret Street corridor, through the Tulane University campus and down Audubon Boulevard.

"Now in our third year, we're excited about how the Freret 5K has grown and we're grateful for the community's support," said Able. "We're sponsoring more youth runners than ever before, and hope to outshine our 2014 fundraising which will increase our ability to give back to the New Orleans through our community projects."

In 2014, registration fees from over 410 participants, along with the generosity of our sponsors, donors, and volunteers, combined to raise over \$21,000 for JLNO's community projects and sponsor 30 youth runners. This money combines with 45,000 hours of direct volunteer service by JLNO members to impact the lives of those in Metropolitan New Orleans.

This year, JLNO will sponsor over 50 youth runners from [Youth Run NOLA](#), and the after-race party will feature fun and games for the entire family, as well as food and beverages.

Adult early registration is \$25 and is open until September 30. Regular adult registration is \$30 and begins on October 1. Team registration (minimum of four team members) is \$20 per team member. Youth registration (12 and under) and senior registration (65 and over) is \$15.

All participants registered before September 30 will be entered into a drawing for a \$50 gift certificate from Tasc Performance, and every participant has an opportunity to win a prize the day of the race.

Spectator wristbands to enjoy food and drink without running or walking the event are available for a \$10 contribution or by donating an unopened pack of disposable diapers (minimum quantity of 20) to JLNO's Diaper Bank.

Late registration and packet pick up will be on Thursday, October 15th, from 3 p.m. to 6 p.m. at Bloomin' Deals Thrift Shop on Freret Street.

For more information or to register online, please visit www.jlno.org/Freret5K.

The Junior League of New Orleans is a 501(c)3 not-for-profit organization committed to promoting voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers.

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