



FOR IMMEDIATE RELEASE

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**Philadelphia Runners, Beware:  
Region's Spookiest 3K Run, #Run4UrLife, is Back!**

*Scary fun-run through West Laurel Cemetery to benefit local nonprofit MANNA*

Philadelphia, PA – October 13, 2015 – On your mark, get set, BOO: the second-annual #Run4UrLife 3K Fun Run, set to take place in the historic **West Laurel Hill Cemetery** on Thursday, October 29<sup>th</sup> at 7:30pm, is back and bigger than before. This spooktacular event will include scary ghouls and goblins behind every grave and crypt as runners make their way through the cemetery course.

In addition to encouraging the use of a beautiful public space for recreation, #Run4UrLife also joins together for-profit and non-profit partners to bring awareness to two premier Greater Philadelphia institutions known for providing indispensable services in times of great need—**West Laurel Hill Cemetery** and **MANNA**.

*"We are so excited and honored to yet again create and support Run4UrLife," said Sue Daugherty the Executive Director of MANNA, "It will be a blast for all those involved and will help to serve our community members in need, plus we can't wait to see everyone's costumes!"*

All proceeds from #Run4UrLife will benefit **MANNA**, which prepares and delivers medically approved meals and nutrition counseling to residents who are battling life-threatening diseases in the Greater Philadelphia and Southern New Jersey area, free of charge. **MANNA** wants to help improve the quality of life and empower individuals and knows that all of that begins with a well-balanced and nourishing meal. Additional sponsors of the event include **Rothman Institute – Grave Digger Sponsor**, **Unite Fitness**, **ChatterBlast Media**, **Gabello Studios**, and **Tag Strategies**.

Owner of **Unite Fitness**, Gavin McKay said, *"Any event that supports a strong and nutritious lifestyle is exactly the type of events Unite wants to create and be a part of. Run4UrLife is an awesome event that will put everyone in the Halloween spirit while getting their heart rates up!"*

The **West Laurel Hill Cemetery** is located at 215 Belmont Avenue, Bala Cynwynd, PA. Registration begins at 6 p.m., and the run starts at 7 p.m. The cost of the run is \$30 and includes a #Run4UrLife T-shirt. Runners can pre-register online at <http://mannapa.org/run4urlife>, and costumes are encouraged.

For more information, check out #Run4UrLife's Facebook page at <https://www.facebook.com/events/729991423732694/> and the #Run4UrLife video at <https://www.youtube.com/watch?v=j3cU18cnz70>.

## ABOUT MANNA

Especially for people at acute nutritional risk due to life-threatening illnesses, [MANNA](#) prepares and delivers delicious nourishing meals and counsel, empowering individuals to battle illness and improve their quality of life. A small professional staff and 1,500 dedicated volunteers bring more than 70,000 nutritious, home-delivered meals each month to individuals and families living with HIV/AIDS, cancer and other life-threatening illnesses. MANNA dietitians promote wellness through nutrition education and counseling. Through these services, MANNA provides opportunities for caring people to extend loving support to families, friends, and neighbors.

## ABOUT WEST LAUREL HILL CEMETERY

Incorporated in 1869, West Laurel Hill Cemetery is a non-profit and non-denominational cemetery. It is also an arboretum, an outdoor sculpture garden, and a historical and cultural text that tells the stories of 19th, 20th and 21st century Philadelphia and the people who lived there.

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**Sponsors Include:** MANNA, Unite Fitness, West Laurel Cemetery, Rothman Institute, ChatterBlast Media, Gabello Studios, Tag Strategies

