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MEDIA ADVISORY

FOR IMMEDIATE RELEASE

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SPRING FLING EVOLVE IP 5K RUN TO BENEFIT MANNA

WHAT: On Saturday, April 2, enjoy a spring day with a fast, flat out & back run at the *Evolve IP Spring Fling 5K*. The run benefits MANNA and is held at the Evolve IP Corporate Center and the Chester Valley Trail at 9 am. Prior to day of registration, \$35 (per individual); day of registration, \$40 (per individual), day of race registration opens at 7:30 am and will close approximately 15 minutes prior to the start. There will be awards given to the first, second and third place overall (male and female) runners. The run is sponsored by Evolve IP.

“We are great supporters of MANNA’s mission to deliver nourishment and improve health for those in need in the Philadelphia region and the Evolve IP Spring Fling 5K is a great way to raise funds and awareness for this fantastic charity,” said Thomas J. Gravian, Chairman, CEO and Co-Founder of Evolve IP.

WHO: All runners;
Evolve IP;
Bryn Mawr Running Company;
MANNAmals Run Club from MANNA (Metropolitan Area Neighborhood Nutrition Association).

WHEN: 9:00 am
Saturday, April 2, 2016

WHERE: Evolve IP Corporate Center and the Chester Valley Trail
989 Old Eagle School Road Wayne, PA 19087

MORE: All fees are contributions that go directly to MANNA. Race will be held rain or shine. Pre-registration is greatly appreciated. T-shirts guaranteed to those who pre-register

For more details about *Evolve IP Spring Fling 5K*, contact Emily Gallagher at EGallagher@mannapa.org 215-496-2662 x127. Visit www.mannapa.org, like us on [Facebook](#) and follow us on [Twitter](#).

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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 2,500 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. MANNA is spelled in all capital letters.