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FOR IMMEDIATE RELEASE:

THE COOKING LIGHT & HEALTH FIT FOODIE FESTIVAL & 5K BENEFITTING NO KID HUNGRY RETURNS TO SAN DIEGO, CALIFORNIA

San Diego, CA (April 9, 2018) – The Cooking Light & Health [Fit Foodie Festival & 5K, the most delicious run ever](#), benefitting [No Kid Hungry®](#), lands in San Diego, California on Saturday, October 20, 2018. The mouthwatering festival and 5K proves that a calorie burned is a calorie earned, and brings the pages of *Cooking Light* and *Health* alive at Liberty Station.

The Fit Foodie Festival & 5K celebrates the balance of a delicious, healthy, and active lifestyle as runners eat their way to the finish line with bites along the course, then celebrate at the post-run Food and Fitness Festival.

At the Food and Fitness Festival, runners and spectators are rewarded for making healthy choices with bites, beer garden, mini-workout classes, cooking demonstrations, and more.

Fit Foodie Festival & 5K registration includes:

- Run registration and bib
- Bites along the course
- Finisher's medal
- Delicious tasting stations
- Celebration drinks at Beer Garden
- Happy Hour Bib Pickup
- Goody bag with gifts from top health and wellness brands
- Cash reward for top finishers
- Included donation to charity partner No Kid Hungry

The Fit Foodie Festival & 5K benefits No Kid Hungry, a campaign of the national anti-hunger organization Share Our Strength. Runners can form a team and fundraise in an effort to support No Kid Hungry's mission to end child hunger in America.

Registration for the Fit Foodie Festival & 5K is now available at www.fitfoodierun.com. Registration cost is now at \$25 per person and increases until race day. Spectators receive complimentary admission to the post-run Food and Fitness Festival. The Cooking Light & Health Fit Foodie Festival & 5K is a production of Fast Forward, based in San Diego, CA.

ABOUT THE COOKING LIGHT & HEALTH FIT FOODIE FESTIVAL & 5K:

The Cooking Light & Health Fit Foodie Festival & 5K, the most delicious run ever, is the ultimate celebration of food, fitness and fun. In 2018, the series will be held in Austin, Texas (June 23); Fairfax, Virginia (June 2); Denver Metro, Colorado (July 28); and San Diego,

California (October 20). The Fit Foodie Festival & 5K celebrates the balance of delicious, healthy food and a fun, active lifestyle as runners eat way their way to the finish line with bites along the course, then celebrate at the post-run Food and Fitness Festival. The post-run Festival features bites from local restaurants, beer garden, mini-workout classes, cooking demonstrations, and more. For more information, visit www.fitfoodierun.com, or follow the Fit Foodie Festival & 5K on [Facebook](#), [Twitter](#) and [Instagram](#).

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