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FOR IMMEDIATE RELEASE:

***COOKING LIGHT AND HEALTH'S THE FIT FOODIE 5K RACE
WEEKEND PRESENTED BY LEXUS REVEALS STAR-STUDED LINEUP***

*Bravo Television Stars and Celebrity Fitness Trainers Join Expansive Roster of Personalities To Provide
Culinary and Fitness Demonstrations During the Three-Day Race Weekend*

New York, NY & San Diego, CA (November 7, 2014) – [Cooking Light & Health's The Fit Foodie 5K Race Weekend Presented by Your San Diego County Lexus Dealers](#) announces a roster of celebrity chefs and fitness personalities to appear during San Diego's second annual Fit Foodie 5K Race Weekend, November 14-16, 2014 held at the Hilton San Diego Bayfront. “*Cooking Light and Health's* The Fit Foodie 5K Race Weekend provides attendees with an all-access pass to enjoy some of the finest culinary minds and fitness trainers in the country,” said race co-producer Michelle Metter of Fast Forward Event Productions.

“From world-class bites prepared by celebrated chefs, to fitness classes with today's top celebrity trainers, The Fit Foodie gives participants a unique opportunity to experience food and fitness from acclaimed professionals in one place,” continued Metter.

Added *Cooking Light & Health* Group Publisher Kevin White, “The Fit Foodie 5K Race Weekend shows people that delicious culinary experiences and a healthy lifestyle go hand in hand.”

The weekend kicks off on Friday, November 14 during the Light Up The Night VIP Cocktail Party Sponsored by Lexus, Stella Artois and Sartori Cheese, and held at Downtown San Diego's Florent Restaurant & Lounge. Guests will enjoy specially prepared bites from “Top Chef” competitor Richard Sweeney, while enjoying offerings from Sartori Cheese and Stella Artois and mingling with the editors and contributors of *Cooking Light & Health*, Chef Richard Sweeney and Ben Robinson from Bravo's “Below Deck.”

Attendees continue their culinary journey on Saturday, November 15 at the Finisher's Village celebration immediately following the 5K race. Upon crossing the most delicious finish line ever, Bernard Guillas, Executive Chef of The Marine Room, takes the culinary stage for a mouthwatering cooking demonstration. Guests will enjoy Chef Bernard's culinary expertise and taste his dish featuring heirloom melon nectar, stone crab meat, fennel pollen, and lemon myrtle oil as part of the Lexus Culinary Spotlight.

Also onstage, Robin Bashinsky from the *Cooking Light* Kitchen will prepare healthy and delicious offerings in *Cooking Light's* signature culinary style, providing guests a variety of tasty samples, including Greek Steak Pitas and Chipotle Pork Tamales.

Bravo TV star Ben Robinson of “Below Deck” also steps into the Lexus Culinary Spotlight and rounds off the all-star lineup with an onstage demonstration. Chef Ben delights and entertains attendees’ taste buds with Salmon Tartar made with cucumber, tomato, green apple relish, crispy parsnips, and turmeric yogurt aioli to be enjoyed in the Lexus Pavilion.

On the fitness demonstration stage, *Health* presents an intense head-to-toe, total body, totally tubular workout, led by Nike Elite Fitness Athlete, Patrick Goudeau. Also on the fitness stage, celebrity trainer Kristin McGee instructs yogis of all levels in two demonstrations focused on stress stopping yoga and yoga to improve posture.

The weekend concludes on Sunday, November 16, where fitness enthusiasts will exercise their minds and bodies during *Health's* Sunrise Yoga Session led by Kristin McGee. Those looking for an intensified workout can opt-in to the Power Systems Obstacle Course Bootcamp led by Patrick Goudeau. Attendees will enjoy a meet and greet with Kristin and Patrick during a nutritious brunch immediately following the morning workout.

Cooking Light & Health's The Fit Foodie 5K Race Weekend Presented by Your San Diego County Lexus Dealers, balances food, fitness and philanthropy, with 10 percent of the sale of each ticket benefitting [City of Hope](#), a worldwide leader in research and treatment for cancer, diabetes and other life-threatening diseases. City of Hope turns scientific breakthroughs into new therapies that help save lives around the world.

Tickets and registration for *Cooking Light & Health's* The Fit Foodie 5K Race Weekend at the San Diego Bayfront are available and can be purchased at www.fitfoodierun.com. Join the Fit Foodie conversation using the hashtags #TweetYourFeet and #LexusFoodie on [Twitter](#).

COOKING LIGHT & HEALTH'S THE FIT FOODIE 5K RACE WEEKEND EVENT SERIES

Cooking Light & Health's The Fit Foodie 5K Race Weekend Event Series is the ultimate weekend celebration of food, fitness and fun. Continuing the success of the inaugural 2013 San Diego race weekend, *Cooking Light & Health's* The Fit Foodie 5K Race Weekend expanded into three markets in 2014. The race series kicked off in Fairfax, VA (June 20-22) followed by Austin, TX (September 12-14) and culminates in San Diego, CA (November 14-16). The weekend includes a Friday night VIP Light Up The Night tasting event and Saturday morning 5K race concluding at the Finisher's Village, where runners can enjoy food and wine samples, chef demonstrations, and giveaways, along with fitness and nutrition consultations and other activities. Sunday includes the choice of a yoga session or boot camp hosted by celebrity trainers followed by a healthy brunch to end the weekend. For more information, visit The Fit Foodie [website](#) or the event's [Facebook](#) page. Follow [@FitFoodieRun](#) on [Twitter](#) and join the conversation with #fitfoodierun or #tweetyourfeet. *Cooking Light & Health's* The Fit Foodie 5K Race Weekend is a production of Fast Forward Event Productions based in San Diego, CA. Produced by Fast Forward Event Productions. For more information call 619-312-1212.

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ABOUT COOKING LIGHT

Cooking Light is one of the largest epicurean magazine brands and is uniquely positioned where great food meets good health. The brand delivers innovative recipes, nutrition advice, and resources to live a healthful lifestyle via its magazine, [website](#), and portfolio of cookbooks; across all tablets; through the highly-acclaimed [Cooking Light Quick & Healthy Menu Maker app](#); and on social media platforms, including, [Facebook](#), [Twitter \(@Cooking_Light\)](#), [Pinterest](#), [Instagram \(@cookinglight\)](#), and [Google+](#). In 2013, *Cooking Light* received two James Beard Foundation Book, Broadcast and Journalism Awards. *Cooking Light* is owned by Time Inc., one of the largest media companies in the world.

ABOUT HEALTH

Health (www.health.com) motivates women to feel happy and healthy every day. *Health* is the go-to resource for the latest news on nutrition, fitness, health and beauty, delivering smart, actionable advice to help consumers live better. A dynamic multiplatform franchise with a print magazine, robust website, tablet and mobile editions, books, and a strong social media presence, *Health* reaches a total monthly audience of 17 million. *Health* is published ten times a year by Time Inc., one of the largest media companies in the world. *Health*. Happy Begins Here.

ABOUT CITY OF HOPE

[City of Hope](#) is a leading research and treatment center for cancer, diabetes and other life-threatening diseases. Designated as a comprehensive cancer center, the highest recognition bestowed by the National Cancer Institute, City of Hope is also a founding member of the National Comprehensive Cancer Network, with research and treatment protocols that advance care throughout the nation. City of Hope's main hospital is located in Duarte, Calif., just northeast of Los Angeles, with clinics in Antelope Valley and South Pasadena. It is ranked as one of "America's Best Hospitals" in cancer by *U.S. News & World Report*. Founded in 1913, City of Hope is a pioneer in the fields of bone marrow transplantation and genetics. For more information, visit www.cityofhope.org or follow City of Hope on [facebook](#), [twitter](#), [youtube](#) or [flickr](#).

ABOUT FAST FORWARD EVENT PRODUCTIONS

[Fast Forward Event Productions](#) is a turnkey event management and marketing solutions provider specializing in the creation of world-class trade and consumer events, brand activation and experiential marketing strategies, street team and mobile marketing tours. For more information, contact us at 619-312-1212 or visit us at www.fastforwardevents.com.

ABOUT LEXUS

Lexus launched in 1989 with two luxury sedans and a commitment to pursue perfection. Since that time, Lexus has expanded its line-up to meet the needs of global luxury customers. Lexus is now going beyond its reputation for high quality vehicles with the integration of innovative technology, emotional exterior and interior designs, and engaging driving dynamics and performance. With five models incorporating Lexus Hybrid Drive, Lexus is the luxury hybrid leader. Lexus also offers six F SPORT models and two F models, including



the LFA supercar, for top-of-the-line performance. In the United States, Lexus vehicles are sold through 234 dealers who are committed to exemplary customer service. For more information, visit http://www.yourlexusdealer.com/San_Diego

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