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FOR IMMEDIATE RELEASE

COOKING LIGHT & HEALTH'S THE FIT FOODIE 5K RACE WEEKEND EXPANDS TO FAIRFAX, VA AT MOSAIC WITH CITY OF HOPE AS CHARITY SPONSOR

The Most Delicious 5K Weekend Ever Comes to DC Region June 20-22, 2014

New York, NY & San Diego, CA (April 24, 2014) – [Cooking Light](#) & [Health's The Fit Foodie 5K Race Weekend](#) brings the country's most delicious 5K to Fairfax, VA at Mosaic from June 20-22, 2014, after the success of its inaugural race last November in San Diego, CA. *Cooking Light & Health's* The Fit Foodie 5K Race Weekend Series is jam-packed with celebrity chef tastings, cooking and fitness demonstrations, yoga sessions, and a Power Systems fitness boot camp, all led by celebrity trainers and fitness experts.

“We believe that a fit and healthy lifestyle can co-exist with a love for great epicurean experiences,” said race co-producer Michelle Metter of Fast Forward Events Productions. “The Fit Foodie Weekend is three days in which you can earn and burn your calories, all while indulging in fabulous tastes along the way.”

Cooking Light & Health's The Fit Foodie 5K Race Series is an action-packed weekend of fitness and gourmet experiences at every turn. The weekend kicks off on Friday, June 20, with a pre-race VIP Light Up The Night tasting event hosted by James Beard award winner RJ Cooper at his new concept Gypsy Soul. Runners are treated to special giveaways before the big race, all while mingling with the editors of *Cooking Light* and *Health*.

On Saturday June 21, runners lace up their sneakers and hit the ground running for the 5K race and Finisher's Village, featuring the Love DC Chefs Experience, taking place at [Mosaic](#). With a beautiful running course around Mosaic, runners will navigate the scenic path after a group stretch and dance party to get the blood pumping. Upon crossing the finish line, runners will celebrate their success in style at the Finisher's Village post-race celebration featuring food and wine tastings. With celebrity chef demonstrations, food sampling, wine tastings and fitness demonstrations, the region's first ever *Cooking Light & Health's* The Fit Foodie 5K Race Weekend is a must attend event for both foodies and fitness enthusiasts alike.

The weekend festivities conclude on Sunday, June 22. Guests will have a choice of a sunrise yoga session featuring celebrity yogi and *Health* contributor Kristin McGee or a Power

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Systems Obstacle Course Boot Camp session led by celebrity trainer Patrick Goudeau, followed by a healthy brunch. Held at Mosaic, the event also offers a plethora of shopping options from the many retailers in the center.

“*Cooking Light & Health’s* The Fit Foodie 5K Race Weekend is a unique opportunity to bring our brands to life,” said *Cooking Light* and *Health* Group Publisher Diane Oshin. “We’re excited to add two markets creating a larger footprint and giving access to thousands more food and fitness enthusiasts at the most delicious 5K race weekend ever.”

The 2014 Fit Foodie Race Weekends 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. Focused on rapidly turning scientific breakthroughs into new therapies, City of Hope is one of the top cancer hospitals in the country.

Tickets and registration for *Cooking Light & Health’s* The Fit Foodie 5K Race Weekend at Mosaic are now available and can be purchased at www.fitfoodierun.com. For the most up-to-date news on the event, 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.

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 will expand into three markets in 2014. The race series will kick off in Fairfax, VA (June 20-22) followed by Austin, TX (September 12-14) and culminating 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 <http://www.FitFoodieRun.com> or follow us on [Facebook](#) and [Twitter](#). Produced by Fast Forward Event Productions. For more information call 619-312-1212.

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.

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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](http://www.cityofhope.org) 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](http://www.fastforwardevents.com) 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 MOSAIC

Recognized with 22 "Best of Shopping" awards since opening in Fall 2012, Mosaic is a distinct mix of local fashion boutiques and restaurants with premier national retailers and Angelika Film Center. For more information about Mosaic, please visit www.mosaicdistrict.com.

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