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FOR IMMEDIATE RELEASE

5K Run and 1 Mile Family Fun Run Brings Awareness to Ending Sexual Violence *ZCenter's 6th Annual "Race to Zero" Takes Place During Sexual Assault Awareness Month*

GURNEE, IL, April 10, 2018 – Lace up your running shoes and join Zacharias Sexual Abuse Center (ZCenter) for its 6th annual “Race to Zero” 5K on Sunday, April 22 at Independence Grove Forest Preserve, Libertyville. This event is an opportunity for staff, volunteers, survivors and the public to come together to raise awareness and create a community of zero tolerance for sexual violence.

Registration begins at 8:00 a.m. and the race begins at 9:00 a.m., rain or shine. Pre-registration is \$30 and will include official chip timing for all participants. A 1-Mile Family Fun Run/Walk is available for \$20 per participant. All participants are encouraged to form teams to fundraise for the cause. Runners who raise a minimum of \$100 will receive a commemorative race bag; all runners receive a t-shirt.

“In six short years this race has grown from a grass-roots awareness event into our largest event of the year,” says Rachael Josephsen, Senior Associate of Development & Events at ZCenter. “Between runners, community partners and donors, the 5K extends its awareness message to well over 750 people.”

The event includes refreshments, entertainment, and recovery yoga provided by Outpost Crossfit and Yoanna Yoga. Post-race family activities to empower and educate the youngest participants include face-painting, make your own stress balls, “consensual Twister”, identifying your “safe” people through coloring and a photo booth. Prizes will be awarded for top fundraisers, most spirited team, and more.

Official chip timing for the race and course measurement will be provided by Libertyville Running Club. The race’s presenting sponsor is Medline.

For more information or to register for the Race to Zero 5K Run/Walk, please visit www.racetozero5k.rallybound.org or zcenter.org

About Zacharias Sexual Abuse Center

ZCenter was built on the courage of survivors, staff, volunteers, and donors, and has been serving the community as a non-profit center against sexual assault and abuse since 1983. Now operating from two locations, Gurnee and Skokie, ZCenter provides places where survivors of sexual violence can heal, and mobilizes the community toward action to end sexual violence. Services are available free of charge to all survivors regardless of race, gender, language, ability to pay, sexual orientation, or religion. For more information, please visit ZCenter.org.

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