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Date: 4/20/2015

FOR IMMEDIATE RELEASE

Second Annual Breathe Easy 5K Run/Walk
For Asthma Awareness & Health Expo
Celebrating Asthma Awareness Month

The Jerome Alston Memorial Foundation is pleased to announce the Breathe Easy 5K Run/Walk for Asthma Awareness is back for the 2nd year and adding a Health Expo this time around.

The event will be on Saturday, May 2, 2105 at Mt Trashmore. Registration/Check In begins at 8am followed by warm ups and opening remarks. The actual 5K begins at 9:30am with a silent auction, health expo and awards to follow. Registration is \$30/adult, \$20-\$25/child. Adult team pricing is discounted to \$27/person on the team. Prices increase by \$5 the day of the event. Race participants receive a race shirt, finisher medal, race bag, snacks and access to the health expo.

May is Asthma Awareness Month and this event's purpose is to raise awareness of the silent epidemic called asthma that plagues our community. Hampton Roads is #36 on the list of the top 100 worst places to live with asthma. The intent of this event is to make the community aware of the many asthma triggers we are exposed to on a daily basis and hope to reduce the amount of lives taken from unsuspecting victims, both children and adults. Last year proceeds were donated to the American Lung Association but the foundation wanted to bring it closer to home this year. The 2015 beneficiary is the Virginia Asthma Coalition.

About the Jerome Alston Memorial Foundation:

Whitney Alston brought this Foundation to life after the sudden passing of her dad, Jerome Alston, from an asthma attack on December 18, 2012. Jerome was a science teacher at Cradock Middle School at the time of his passing. The Foundation is a way to keep his legacy alive by continuing endeavors he was involved in before his passing.

To learn more about the Jerome Alston Memorial Foundation visit www.JeromeAlston.org and to get information on the 5K visit www.be5k.org

We look forward to seeing you at the Asthma Awareness 5K on May 2nd!

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