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FOR IMMEDIATE RELEASE

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

The Jerome Alston Memorial Foundation is pleased to announce its 3rd Annual Breathe Easy Asthma Awareness 5K Run/Walk with a Health Expo and special guest Maurice (Moe) Ager, NBA player and Grammy Nominated Musician.

The event will be on Saturday, May 7, 2106 at Mt Trashmore. Check In and onsite registration begins at 8:30am followed by opening remarks and warm-ups. Maurice will host a meet and greet for the children in the area of the health expo. The race will begin at 9:30am with awards to follow. Registration is \$30/adult, \$20-\$25/child. Adult team pricing (5+ people) is discounted to \$27/person. 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. The purpose of the Breathe Easy 5k is two-fold: to raise awareness of the silent epidemic called asthma that plagues our community and to raise funds to help combat it. Hampton Roads is #36 on the list of the top 100 worst places to live with asthma. Our goal is to educate the community on the many asthma triggers we are exposed to on a daily basis and reduce the number of lives lost to this manageable condition. Last year, we donated a portion of our proceeds to the Virginia Asthma Coalition. The Western Tidewater Free Clinic located in Suffolk, VA will be our 2016 beneficiary. Proceeds will fund their asthma clinic.

About the Jerome Alston Memorial Foundation: Whitney Alston established this Foundation after the sudden passing of her dad, Jerome Alston, from asthma related complications on December 18, 2012. Jerome was a science teacher at Cradock Middle School at the time of his passing. He was a mentor and active community service champion. 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.jam5k.org.

We look forward to seeing you at the Asthma Awareness 5K on May 7th!

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