



FOR IMMEDIATE RELEASE
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Rock 'n' Roar 5K and Family Fun Run/Walk September 29 **Will Benefit Lakeland Education Foundation**

Rock 'n' Roar 5K and Family Fun Run/Walk to benefit the **Lakeland Education Foundation** (LEF) will be **Saturday, September 29, 2018**. The **5K Run begins at 4 p.m.** followed by the **Family Fun Run/Walk at 5:15 p.m.**

Presented by **P.R. Event Management**, the event will be held at **Lakeland Elementary School, 10050 Oak Seed Lane** in Lakeland, Tenn. The course will wind through the neighborhoods near the school. **All proceeds will support the efforts of Lakeland Education Foundation.**

5K runners will be chip-timed. Custom awards will be presented to the Best Overall top 3 Male and Female 5K participants and the top 3 male and female 5K winners in all age divisions. Teams will be rewarded for the Most Spirit and Most Money Raised for LEF. The **Lakeland Middle Preparatory School band** will kick off the festivities. A **post-race party** will feature live music by **Steve Schad, food trucks and more**. All registered participants will receive a **custom designed T-shirt**.

The Rock N Roar Family Fun Run/Walk will begin with children ages 6 and younger starting at the 5K finish line, running to the end of Oak Seed Road, and turning around to cross the finish line. A three-quarter mile Family Fun Run/Walk will start immediately after all children finish.

Early registration for the 5K and Family Fun Run/Walk is \$25.00. Price increases for the 5K to \$30 after Sept. 23. To register, go to runsignup.com and search for races in Lakeland, TN or 38002 zip code, or visit supportlakelandschools.org.

Lakeland Education Foundation (LEF) is a 501(c) 3 designated non-profit organization, established in 2014, that seeks to provide resources to the public schools and teachers for the enrichment of the students located within the corporate limits of the City of Lakeland. The purpose of LEF is to encourage, recognize and support excellence by enhancing educational opportunities; construction and development of new facilities and improvements; provide teacher grants to enhance the quality of learning in the classroom; support student education through physical, social, emotional and intellectual development, and to raise funds to invest in public education. LEF has contributed more than \$76,000 to the school system to date.

For information on this event, or to **register**, go to **runsignup.com** and **search for races in Lakeland, TN or 38002 zip code**. To learn more about LEF, visit **supportlakelandschools.org**. To **volunteer** or for details on upcoming events produced by P.R. Event Management, visit **pr-eventmanagement.net** or contact **Pam Routh at (901) 550-2114 or pamrunsraces@gmail.com**.

