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FOR IMMEDIATE RELEASE – West Springfield, Mass.

GO FROM COUCH TO “BIG 5K” FOR AUGUST 2019

Did you make a New Year’s resolution to get up and moving, maybe even train to run or walk a 5K? If so, join the Eastern States Exposition on August 30 for a special race day that kicks off the 2019 Big E season.

Sign up for the 5K Run/Walk or the fun Big 5K Scramble – a course with Big E-themed challenges around every corner. This family-friendly event also includes a Kids Fun Run for ages 10 and under. The race day will finish with an award ceremony and party on the Storowton Tavern patio.

Kids Fun Run: 6:30pm / FREE

Dash down the Avenue of States with mascot Krisp-E, the quick chick! Registration is free with the donation of a new or gently used book.

Big 5K Road Race: 6:45pm / \$30

Compete in a 5K through the fairgrounds on our USAFT-certified course. Cash prizes will be awarded to the first, second and third place male and female finishers. Medals will be awarded to the first place male and female finishers in each age division.

Big 5K Scramble: 7pm / \$40

Add some Fair flair to the 5K by participating in the Scramble! Scramble challenges will be announced soon. Cash prizes will be awarded to the first place male and female finisher. Be sure to dress in your Big E best...team and solo runners will have an opportunity to win The Big E Spirit Award for a VIP day at the Fair.

Registration for all races, including a virtual race and post-race buffet reservations, is now open. The first 500 people to register will receive a t-shirt, a single-day admission ticket to The Big E, free drink ticket and Big E swag. Visit TheBigE.com/TheBig5K or Racewire.com for more information and to register.

See you at the 2019 Big E, Sept. 13 – 29, in West Springfield, Mass. Visit our website, TheBigE.com, and connect with us on social media to stay up-to-date with everything happening at Eastern States Exposition.

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