

Date: September 27, 2016
FOR IMMEDIATE RELEASE

Contact: Jennifer Gilbert
Phone: 847-599-5498

Unleash Your Inner Superhero Powers with GO GURNEE and Gurnee Park District

(Gurnee, IL) Tuesday, September 27, 2016 – On November 5, 2016, Gurnee residents and friends will have the opportunity to live out their childhood dream at Gurnee Park District (GPD) and **GO GURNEE**'s free Super Saturday event.

"It's not every day that we are able showcase our superhero skills," stated Beckie Korzyniewski, event manager.

Super Saturday will encompass a variety of superhero themed activities. The event will start at 9:00 am with a Superhero Sprint (1 mile fun run) around Hunt Club Park (920 N. Hunt Club Rd., Gurnee). There will be separate heats for runners, walkers and strollers. The pre-registration fee is \$5.00 per person and day of registration is \$7.00 per person and includes participation in the sprint and a race t-shirt. Runners are encouraged to wear capes, bring their superpowers and move for at least 30 minutes that day.

Following the sprint, the entire community is welcome to enjoy the other superhero themed festivities located in Hunt Club Park Community Center at no charge. These free activities include a superhero meet and greet, superhero training, free super foods as well as some super activities. "We partnered with a lot of great local businesses to provide a day fun-filled day for the whole family," stated Korzyniewski.

GO GURNEE, a community-wide walking movement, and GPD believe fitness should be fun, accessible and affordable to the entire community. "We continually strive to find innovative and creative ways to get the community moving. Super Saturday is just another way to bring out our inner superhero powers and get moving," added Korzyniewski.

For more information, visit [Facebook.com/GOGURNEE](https://www.facebook.com/GOGURNEE). Use #**GOGURNEE** to be a part of the conversation and movement. Thank you to the event sponsors: NorthShore University HealthSystem, Honey Orthodontics, Growing Tree Preschool and FitNation for making this event possible.

###

Press encouraged to attend. Photo opportunity.