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First Coast Runners Lace up Their Racing Shoes to Support Local Nonprofits

The 2009 Vestcor 5K Bridges Run brings in \$25,000 to help Northeast Florida Charities

JACKSONVILLE, July 28, 2009 – Through sweltering heat and summertime humidity, more than 750 runners raced through the streets of downtown Jacksonville to support local charities during the recent 14th annual Vestcor 5K Bridges Run, which took place on July 18. The course began at Hemming Plaza and crossed over the Main Street and Acosta bridges, with the finish line in front of city hall.

In total, the Vestcor 5K Bridges Run raised more than \$25,000. All of the proceeds will benefit local nonprofit organizations such as Children’s Miracle Network, Arc of Jacksonville, Brooks Health Foundation, Shands Trauma One and Families First, among others.

“Our company believes it’s important to ensure the success of local nonprofits and bring people to downtown Jacksonville,” said John Rood, chairman of The Vestcor Companies. “Every year the Vestcor 5K is becoming increasingly more popular. I am very pleased with this year’s turnout.”

Following the race, participants celebrated with friends, co-workers and family during a block party at Hemming Plaza. The downtown party was filled with live music, free hotdogs, free beer and other refreshments.

In addition to supporting local charities, the Vestcor 5K Bridges Run was also designed to highlight downtown.

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