



Self-Reliant Communities

For Immediate Release

Contact: Christine Grele

Phone: 609-341-4738

Email: cgrele@isles.org

MILES FOR ISLES 5K RACE 1 MILE WALK MAY 4TH



Mercer County, N.J. – A healthy community is a strong community. Founded in 1981, Isles, Inc. is a self-help, urban green development organization in Trenton, New Jersey. Isles works to grow fresh food, teach our neighbors to grow their own fruits and vegetables, improve healthy eating habits, and create safe spaces where people can exercise. Support this cause by participating in Miles for Isles, a 5K Run & 1 Mile Walk on May 4th in Mercer County Park.

Register before April 13th and receive a free T-shirt! Check-in begins at 8:30 AM and the race starts at 10:00 AM. Snacks and prizes will be on hand! This is a USATF Sanctioned race. Visit www.milesforisles.org to register.

Is your organization interested in sponsoring Miles for Isles, or setting up a table at the race? Contact Christine Grele at 609.341.4738 or visit www.milesforisles.org.



Isles, Inc. ~ 10 Wood Street ~ Trenton, NJ 08618 ~ (609) 341-4700