GLENDALE FIREFIGHTERS HOSTING 5K RUN/WALK, KIDS MUSTACHE DASH, TO BENEFIT LOCAL VETERANS

Glendale, Ariz. — Grab your running (or walking) shoes and get ready to lace them up for the Glendale Firefighter Charities 5K Run/Walk and Kids Mustache Dash on Saturday, April 16, 2016, which will benefit local veterans. What is a Mustache Dash, you ask? The event has incorporated a fun element for kids to wear fake mustaches during their race. Mustaches will be provided by Glendale firefighters the day of the race.

The event, sponsored by Essentia Water, will be held on the beautiful, expansive grounds of the city's spring training facility, Camelback Ranch, located at 10710 W. Camelback Rd.

Proceeds will be used by Glendale Firefighters Charities to make the much-needed repairs to disabled or injured veterans' homes, such as fixing broken wheelchair ramps, installing grab bars and other household necessities. Glendale Firefighters believe this is the least they can do to show their appreciation for those who have fought for our freedom.

"One of our main focal points, with the help of Glendale's Community Action Program, is to identify veterans in need within our community and help them and their families," said Glendale Firefighters Charities President Cecil Tudor. "We will strive to make this an annual event so we can truly make a long term difference in the lives of our veterans."

~more~

Glendale Firefighters also hope to raise awareness of heart disease and promote healthy living in the community.

The 5k registration fee is $35 and the Kids Mustache Dash is free. Online registration is available now, at the link below. Registration will also be available on the day of the race. The Kids Mustache Dash begins at 8 a.m. The 5k run starts at 9 a.m.

Register at https://raceroster.com/events/2016/6922/be-my-hero-5k.

For more information about Glendale Firefighter Charities, visit www.glendaleazfirefighters.com

For more information about the City of Glendale's Community Action Program, visit www.glendaleaz.com/CAP

For more information about Camelback Ranch-Glendale, visit www.camelbackranchbaseball.com.

###