

For Immediate Release (Excelsior, MN)

Gather your favorite crop of runners, walkers, neighbors and friends for the 2016 Park Nicollet Apple of the Lake 5K and 1 mile Run!

It's time to enjoy all that fall has to offer at the 4th annual Park Nicollet Apple of the Lake 5K and 1 mi! Fun for all ages and abilities! The route begins in beautiful downtown Excelsior, and continues through the colorful streets of Shorewood and finishes up on the scenic LRT Trail. These are the grounds where some of our very first local apple crops were born. This run will conclude right at Water Street, putting runners within the heart of the festivities. This is the 3rd race of the Lake Minnetonka Running Race Series. Finishers of the 3 race series will be given a special custom award for completing the Jake O'Connor's Luck o' the Lake, the 4th of July Firecracker, and the Park Nicollet Apple of the Lake 5K.

Our race sponsors include Park Nicollet, Patisserie Margo, WSB & Associates, Excelsior Brewing Co., Excelsior Running, Kowalski's Markets, MJ Fotography, The Suburban, Camp Smile Pediatric Dentistry, Knewton Health Group, and Myra Wang Certified Massage Therapist. This race is a fundraiser and will provide the Chamber with funds necessary to support the local programs we offer year-round, such as Art on the Lake, 4th of July, Apple Day, Street décor, our Welcome Center at 37 Water Street.

Register online at: <http://tinyurl.com/parknicappleofthelake2016>

For more info, call: 952-474-6461 or visit the website: <http://www.excelsior-lakeminnetonkachamber.com/apple-of-the-lake-5k-fun-run.html>

