



CITY OF MUSCATINE
215 SYCAMORE STREET
MUSCATINE, IA 52761
PH. (563) 264-1550 • FAX (563) 264-0750

PRESS RELEASE
MUSCATINE PARKS & RECREATION
215 Sycamore, Muscatine, Iowa 52761
563.263.0241

FOR MORE INFORMATION:

Kelsie Stafford, Program Supervisor
Phone: 563-263-0241
Email: kstafford@muscatineiowa.gov

FOR IMMEDIATE RELEASE

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VIRTUAL RACE SERIES KICKS OFF WITH 5K CHALLENGE

Parks and Recreation encouraging fitness through competitive racing

MUSCATINE, Iowa – The last snowflakes have fallen, hopefully, with warmer weather here to stay, and the Muscatine Parks and Recreation Department (MPRD) believes the spring temperatures are the perfect opportunity to lace up those running shoes and get back into shape.

MPRD is encouraging everyone to participate in a new virtual race program featuring weekly challenges and competition. The first competition will encourage participants to beat themselves between April 27 and May 2 in the *Personal Best 5K Challenge*.

Participants in the *Personal Best 5K Challenge* can run anywhere they like — on city trails, in their neighborhood, or on their treadmill — for the 3.1-mile distance but you must run at least twice. Runners will need to keep track of their finishing times and report their best time improvement via email to the Parks and Recreation Department at parksoffice@muscatineiowa.gov. The top male and female runners with the most improvement on their personal bests over the week will receive prizes.



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There is no pre-registration or fee required to participate in the virtual race series. Weekly challenges and announcements will be posted on the Muscatine Parks and Recreation [Facebook](#) page and on the [Virtual Recreation Resource Center](#) page on the City of Muscatine website.

For more information, contact the Muscatine Parks and Recreation Department office by phone at (563) 263-0241 or via email at parksoffice@muscatineiowa.gov.