

Valpo Parks Announces Exciting Changes for the 46th Annual Popcorn Panic!

FOR IMMEDIATE RELEASE

Valparaiso, IN (July 16, 2024): Valpo Parks is thrilled to announce details and exciting changes for the 46th annual Popcorn Panic 5 Mile Run and 5K Run/Walk, taking place on Saturday, September 7, 2024.

This year's race promises a return to cherished traditions while offering fresh experiences for runners and walkers of all ages.

"We've listened to the feedback from our participants," says Cristina Darr, Special Events Director. "Many runners have expressed a desire to revisit the nostalgic routes of past Popcorn Panics. We're delighted to announce that we're bringing them back for the 46th running!"

In addition to the beloved course revival, Valpo Parks is introducing a new level of recognition for the top runners. The male and female winners of the 5-mile race will be crowned champions, each receiving a suite of prestigious prizes:

- Champion crown
- The honor of riding in the Popcorn Fest Parade
- A \$250 gift card donated by Extra Mile Fitness Company
- Two complimentary drink tickets for the Popcorn Panic Festival

"We're elevating the experience for recreational and competitive runners. These changes to the route and prizes prove that we value input and want to celebrate their dedication." says Kevin Nupnau, Park Director.

Registration for the Popcorn Panic is now open! Individuals and teams can sign up to participate in the 5-mile run or the 5K run/walk. Whether you're a seasoned runner or a casual walker, the Popcorn Panic offers a fun and rewarding way to celebrate community spirit and a healthy lifestyle.

For more information and registration details, please visit the Valpo Parks website at www.valpoparks.org.

About Valpo Parks

Valpo Parks is a department of the City of Valparaiso, Indiana, dedicated to enriching our community by designing meaningful spaces, creating impactful experiences, and promoting healthy lifestyles.

Contact: Cristina Darr, Director of Special Events, cdarr@valpo.us, 219-462-5144