



PRESS RELEASE

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Ninth Annual Heart of Oak 5K to be Held on September 9

Proceeds to Benefit Athletic Programs

Bloomfield Hills, MI – On Sunday, September 9, the Academy of the Sacred Heart's athletic booster club will sponsor the ninth annual **Heart of Oak - Vicki Oakley Memorial 5K Run, 5K Family Walk and Kids 1-Mile Fun Run**. Proceeds will support the Academy's athletic programs in memory of coach and educator Vicki Oakley.

The Heart of Oak events begin at the Academy's Field House, located at 1250 Kensington Road in Bloomfield Hills; the 5K route loops through residential Bloomfield Township, while the Kids Run, for ages 12 and under, takes place on the school's athletic fields. Registration begins at 8 a.m., the Kids 1-Mile Fun Run begins at 9 a.m. and the 5K Run and Family Walk begin at 9:30 a.m.

The 5K course is certified by USA Track & Field (**USATF**). The first 200 adults to register receive a t-shirt; all runners receive a participation medal and awards will be given to the top finishers. Online registration, automated chip timing and race management will be provided by Hanson's Race Management.

To learn more and register, visit www.ashmi.org/oak. The entry fee is \$30 for adults (13+ years) and \$10 for children ages 12 and under.

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Media Contacts:

Nicole Pielecha
Communications Manager
248-646-8900 ext. 406
npielecha@ashmi.org

The Academy of the Sacred Heart was founded in 1851 and is Michigan's oldest independent school. Located at 1250 Kensington Road in Bloomfield Hills, it is a Catholic, college-preparatory school for girls (infant-Grade 12) and boys (infant-Grade 8) of many cultures and faiths. The Academy is a member of the Network of Sacred Heart Schools, which includes 24 schools in the U.S.-Canada and affiliation with the Society of the Sacred Heart in 41 countries around the world. For more information, visit us on the Web at www.ashmi.org or call 248-646-8900.