

Project Prom 5K unleashes runners, walkers and more for a good cause

Run, Walk, Roll or Stroll, is the theme of third annual Project Prom 5K, to be held on June 4 at Hartwood Acres Park. And if you want to do any of it in a tutu or tuxedo, all the better.

The Project Prom 5K, which has increased in popularity each year since its start in 2014, raises money for Project Prom, a group of events that allow eligible Allegheny County teens to attend their prom in style at no cost.

Without year-round donations of goods and money however, Project Prom would not be possible.

All registration fees for the Project Prom 5K are entirely used toward continued operation of the Project Prom Shop, where teens select gowns and accessories for free or reduced cost, and to Project Prom for Gentlemen and Project Prom Primping, catered events where teens learn tips about putting their best foot forward on a very special night. All are overseen by the Department of Human Services (DHS) Event and Donations Team, part of the Office of Community Relations (OCR).

And while Project Prom is a charitable effort recognized routinely by generous individuals and companies, the Project Prom 5K gives everyone a chance to let loose in the spirit of popular color runs, mud runs or running in the gear of your favorite sports team.

Participants in the 5K run or one-mile walk are encouraged to navigate the gently rolling hills of Hartwood in prom attire – or any special occasion gear. In past races, runners and walkers have worn formal prom dresses, tiaras, boas and tuxedos. Some have sported tutus over their running duds. Mothers have dressed their babies up and pushed them along in strollers. Other than wearing tennis shoes – no heels allowed -- the style of dress and means of ambulating are up to the individual and the results are generally hilarious.

“It’s a fun and active way to help make prom dreams come true,” said Ondréa Burton, OCR Event and Donations Manager.



*Run in a dress or a tux
in the Project Prom 5K.
You must wear tennis
shoes, however.*



Other highlights of the Project Prom 5K are pre-race dance party, (a DJ plays before, during and after the race), free water and Gatorade; a free T-shirt to the first 100 registrants; and category prizes.

Sponsorships are also available, or you may spread the word about the 5K with downloadable fliers and social media images available on the DHS web page for [Project Prom](#).

[Project Prom 5K details](#)

When: June 4, 2016 -- Packet pickup and race day registration will be from 7:30-9:15 a.m. The race starts at 9:30 a.m. and the walk at 9:35 a.m.

Where: Hartwood Acres Park.

Fees: \$25 for individuals who are running; \$20 per individual in teams of five or more; \$15 per individual to walk, or \$10 each to walk in teams of five or more.

Awards: Winners in various categories will be announced at 10:30 a.m., and an event King and Queen will be “crowned” and awarded overnight stays in a local hotel. The distinction goes to participants who run in full prom regalia.

[Register here](#) or go to www.active.com and search for the Project Prom 5K.