



FOR PLANNING PURPOSES

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CFL May Day 5K 2024 Run & Walk Returns April 28

(Chicago, Ill.) – Hundreds of runners will descend on Chicago’s iconic Lakefront Trail on Sunday, April 28 at 8:00 a.m. for the Chicago Federation of Labor May Day 5K Run & Walk 2024. Participants of all ages and fitness levels will participate in this family friendly event.

The race celebrates May Day, or International Workers’ Day, a day where workers from around the world commemorate the events that transpired in Chicago’s Haymarket in 1886. This year’s race also falls on April 28, International Workers Memorial Day, which honors those who have dedicated and lost their lives to the fight for working people. All proceeds from the event will go towards worker relief funds.

The 3.1 mile course starts and ends at McCormick Place Lakeside Center and takes participants north along the scenic Lakefront Trail, offering gorgeous views of the Chicago skyline. Participants then head down Solidarity Drive around the Adler Planetarium, and take the same path back to the finish line at the McCormick Place Lakeside Center. The course passes by several points of interest celebrating Chicago’s labor movement, including Solidarity Drive, McFetridge Drive, and the Chicago Firefighters and Paramedics Memorial.

Participants can register now at chicagolabor.org/mayday5k. All participants will receive a commemorative race T-shirt and medals awarded to the top finishers.

Media previews and interview opportunities are available.

Since 1896, the CFL has fought for economic, social, and racial justice for all working people. The CFL represents 300 unions, who in turn represent approximately 500,000 working people in Chicago and Cook County.

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