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**WHOLE FOODS MARKET® and FRIENDS OF THE FELLS PRESENT**  
***The Friends of the Fells' 2nd Annual Trail Race & Family Fun Fest***

Friends of the Fells has partnered with the Whole Foods Market locations in Woburn, Arlington and Medford, Massachusetts to present:

*Friends of the Fells' 2nd Annual Trail Race & Family Fun Fest*  
Sunday, November 5<sup>th</sup>  
at Medford High School Athletic Fields (489 Winthrop Street, Medford)  
starting at 1 pm.

The event will feature an option of a 5K or 10K trail run through the woods of the Middlesex Fells Reservation, as well as a kid's fun run, family activities by Knucklebones, free samples, and food trucks. Festival activities are free and open to the public.

Race registration is \$30 for the 5K and \$40 for the 10K. Friends of the Fells members receive a ten-dollar coupon; look for a special members-only in your email inbox or contact [friends@fells.org](mailto:friends@fells.org) to receive the code.

Register at <http://www.lightboxreg.com/whole-foods-market-fall-for-the-fells-trail-race-and-fun-fest>

*"Like Whole Foods Market, the Friends of the Fells is community-focused. That's what this event is all about – bringing the community together to celebrate healthy, active lifestyles while enjoying family activities and great food."* – Matthew Robertson, Community Relations, Whole Foods Market

*"We live in a divisive time, but this event, in cooperation with Whole Foods and Friends of the Fells, is about community—bringing all of us together to celebrate a healthy and active lifestyle in our People's Forest Park."*  
–Ron Morin, interim Executive Director, Friends of the Middlesex Fells Reservation

The *Fall for the Fells* event runs from 1-4:30pm. For more event information, email [zone9events@wholefoods.com](mailto:zone9events@wholefoods.com) .

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**About Whole Foods Market®**

Founded in 1978 in Austin, Texas, Whole Foods Market ([wholefoodsmarket.com](http://wholefoodsmarket.com)), is the leading natural and organic food retailer. As America's first national certified organic grocer, Whole Foods Market was named "America's Healthiest Grocery Store" by *Health* magazine. The company's motto, "Whole Foods, Whole People, Whole Planet"™ captures its mission to ensure customer satisfaction and health, team member excellence and happiness, enhanced shareholder value, community support and environmental improvement. Thanks to the company's more than 87,000 team members, Whole Foods Market has been ranked as one of the "100 Best Companies to Work For" in America by FORTUNE magazine for 19 consecutive years. The company currently has more than 470 stores in the United States, Canada and the United Kingdom. For more company news and information, please visit [media.wfm.com](http://media.wfm.com).

**About Friends of the Fells**

Since 1986 the Friends of the Middlesex Fells Reservation has been dedicated to the protection and harmonious use of the Fells, promoting awareness, policies and programs which honor and preserve the landscape and heritage of this public resource for current and future generations. For more information please visit [www.fells.org](http://www.fells.org).