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## ARBY'S & LEGACY OF HOPE PARTNER WITH I AM A FATHER'S 3<sup>rd</sup> ANNUAL 5K RUN/WALK IN BIRMINGHAM

COMING TOGETHER TO HELP FATHER'S WITH CHILDREN WHO HAVE TRANSPLANT NEEDS

**BIRMINGHAM, AL, MAY 1, 2019** – The I AM A FATHER 5K Run/Walk set for Saturday, June 1, 2019 is the result of a partnership between three groups to raise organ donor awareness for fathers with children who need a transplant. Arby's and Legacy of Hope are teaming up with the I Am a Father 5K Run/Walk as it hits Birmingham for the 3rd year in a row. Arby's representative Marcus Phillips said, *"We have proudly supported David and the I Am a Father 5k from the beginning to help strengthen families and bring awareness -- whether you're a walker or a runner, you can participate and then celebrate afterwards with family and friends."*

Birmingham's 3rd Anniversary of the I Am a Father 5K Run/Walk will be held at East Lake Park. One of the best places in the Birmingham area with a running path and beautiful lake.

A Birmingham Native, I AM A FATHER 5K RUN/WALK founder and donor transplant recipient, David Manuel said, *"Since founding the 5K Run/Walk I wanted to strengthen our families in terms of highlighting, promoting, and encouraging individuals to donate their organs so we can save lives."* Legacy of Hope and Manuel states that according to Lifelink 113,000+ men, women, and children are on the national transplant waiting list as of Jan. 2019; 36,528 transplants were performed in 2018; almost 2,000 children under 18 are on the waiting list; 22 people die each day waiting for a transplant; every 10 minutes another person is added to the waiting list; 1 person can donate up to 8 lifesaving organs. Donor awareness and participation is most important in our society today!

That's why Arby's and Legacy of Hope are running with I Am a Father 5K Run/Walk in encouraging everyone, not just fathers, to register now, to run or walk in the event, don't delay. Participants will experience an awesome run route, live entertainment, family fun and so much more! The race begins at 8:00 AM.

Register or donate online now at [www.iamafather5k.org](http://www.iamafather5k.org) thru May 31, 2019. Proceeds will benefit children with transplant needs.

### **About I Am a Father 5K Run/Walk**

*"Strengthening Families One Mile at a Time"* with the annual I AM A Father 5K Run/Walk. The 5K is not only strengthening families and bringing donor awareness for father's with children who have transplant needs but is a catalyst uniting any community male-focused organization. The proceeds from the 5K will benefit organizations which have structured programs for developing youth with a focus on strengthening the family starting with the father. For more information visit: <https://www.iamafather5k.org/>.

### **About the Arby's**

Arby's is an American quick-service fast-food sandwich restaurant chain with more than 3,300 restaurants system wide and third in terms of revenue. In October 2017, Food & Wine called Arby's "America's second largest sandwich chain". Arby's is owned by Inspire Brands, the renamed Arby's Restaurant Group, Inc. For more information visit <https://arbys.com>.

### **About the Legacy of Hope**

Legacy of Hope ends the wait and the suffering by shepherding the gift of life to those in need of organ and tissue transplants. Legacy is the organ, eye and tissue donor registry for the state of Alabama. Legacy serves as the voice of the donor when he cannot speak for himself. For more information visit <https://legacyofhope.org>.