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Art of Training for a 5k is Next Arts4Wellness Event

CINCINNATI (March 16, 2021) — As part of its year-long Arts4Wellness series, ArtsWave, the engine for the arts, will host its second event, The Art of Training for a 5k, on Thursday, March, 25 at 7 p.m.

WLWT Anchor and Reporter Megan Mitchell will emcee the event which will be held live stream via YouTube and feature Flying Pig Marathon Executive Director Iris Simpson Bush, who will provide training tips and counsel on how to prepare for a 5k.

Simpson Bush has created four uniquely artful 3.1-mile courses for the program, two of which will be described during the event by local runners and TV anchors and reporters, Bob Herzog of WKRC/Local 12 and Evan Milward of WCPO/Channel 9.

During the program, Cincinnati Symphony Orchestra Oboist Lon Bussell and Artist Director of Young Professional Choral Collective (YPCC) and soprano soloist Danielle Cozard Steele will discuss how running helps them with their art forms, jobs and personal lives.

Admission to the event comes with custom maps of the four courses on the Map My Run app, video previews of each and a playlist of Cincinnati-based music and musicians to use throughout the training process. Each of the four training courses includes an artistic tour of a different part of the community to witness public art, historical and architectural wonders.

Guests will be able to ask questions during the session. Event registration can be found [here](#). The program can be accessed for \$15, and attendees are encouraged to donate \$75+ for a 12-month ArtsWave Pass to get access to this program and the entire arts and health series at no cost, along with arts, merchandise and dining exclusives from regional community partners.

2021 ArtsWave Campaign Chair and HORAN President and CEO Terry Horan sees this year's reimagined ArtsWave Pass and its new addition of an Arts4Wellness series as "a relevant and much needed way to use the arts on a personal level to stay healthy, mentally and physically. This series shows how the arts can both ground and uplift us." ArtsWave President & CEO Alecia Kintner adds that "in this unique year, the arts are essential for our own personal wellbeing as well as our region's

overall health. With the help of the community, this year's funding will assist in jumpstarting the Cincinnati region economically through the arts."

For more information on the new health and wellness series, please go to ArtsWave.org/Arts4Wellness.

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About ArtsWave:

ArtsWave, a nonprofit serving the Greater Cincinnati and Northern Kentucky Region, is the engine for the arts. Its roots stem back to the late 1920s when the Cincinnati Taft family provided initial investment matched by community support. In the late 1940s, it evolved to become the first united arts fund in the nation and in the mid-1970s, the first organization to initiate workplace giving for the arts. ArtsWave continues to innovate while leading, as illustrated by its No. 1 rank nationally in community arts fundraising; coordination of a sector-wide Blueprint for Collective Action; piloting of new technologies to maximize arts engagement; and development of resources for the arts.

Strong funding for the arts has allowed Cincinnati's arts and culture scene to become a national draw and regional asset, creating a wave of economic and community benefits. Each year, ArtsWave supports the work of over 100 arts organizations, school outreach programs, festivals, community centers, neighborhoods and various collaborations through impact-based grants. In 2020, ArtsWave amassed \$13+ million for the arts, through a combination of its 2020 Campaign and a separate Arts Vibrancy Recovery Fund, designed to ensure the solvency and a vibrant return of the region's arts assets in the wake of the unprecedented health and economic crisis.

ArtsWave is focused on helping the Cincinnati Region's arts sector weather the coronavirus crisis. The region's arts sector has an economic impact of more than \$300 million annually and includes more than 225 organizations throughout Cincinnati, Northern Kentucky and Southeastern Indiana that employ 10,000 individuals as artists, performers and staff. The sector was hit at the onset of the coronavirus crisis, when venue and performance closures were announced in early March. ArtsWave has accelerated \$2.4 million in grant payments for 43 organizations which receive operating revenues, expanded its \$10,000 Working Capital Bridge Loans for eligible arts organizations, and has provided Emergency Arts & Culture Organization grants to 47 organizations. It's also administered \$3,700,000 in relief funds at the federal, county and city level to arts organizations and artists. The public can help fund these and additional, evolving efforts at artswave.org/give.