FOR IMMEDIATE RELEASE

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Rachel's Table Outruns Hunger – join us!

Springfield, MA – Rachel's Table of Western Massachusetts, a food rescue and hunger alleviation organization, is set to Outrun Hunger in their biennial 5k race and 1-mile family-friendly walk in **Forest Park on May 17 – at 8:30am with welcome announcements and a 9am race start.** The proceeds from the race go to fight hunger all year long, with programs that feed the immediate need as well as nourish long-term sustainable food secure solutions. The race/walk is also presented by the Rachel's Table Teen Board – a youth leadership part of Rachel's Table whose mission is to educate themselves and others about food insecurity while serving the local community with impactful projects that help fight hunger.

You can register to run, walk, do a virtual run, or just come by to help us raise awareness and make a difference. All registered runners and walkers will be able to visit the Zoo at Forest Park and Education Center for free on race day, sponsored by the Zoo at Forest Park and supported by the Community Foundation of Western Massachusetts.

Boomer from the Springfield Thunderbirds will be in attendance, and DJ Matt Peterson will get us all moving with fun music and entertainment.

Local legislators have been invited to speak – State Senator Oliveira, Rep Brian Ashe, Leader Carlos Gonzales and State Senator Adam Gomez will be in attendance.

HUNGER HAS INCREASED in Western Massachusetts. In Hampden County, 54% of households report food insecurity, while in Franklin and Hampshire County, it is 50%. Help us to nourish our neighbors by joining us to Outrun Hunger!!!!

How do you register? Go to https://feedwma.org/outrun-hunger-2026/ Fees increase on May 1.

Outrun Hunger sponsors can be viewed here: https://feedwma.org/outrun-hunger-2026-sponsors/

Top level sponsors include: PeoplesBank, Arbella Insurance Foundation, Westfield Bank, PV Financial Group and more.

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About Rachel's Table of Western Massachusetts

Rachel's Table of Western Massachusetts (RTWM) is a grassroots, volunteer-driven hunger alleviation organization. RTWM was founded as the food rescue and recovery program of the Jewish Federation of Western Mass in 1992 and became an independent non-profit in July 2023. Through our four programs (rescue, purchase, glean, and grow), we provide holistic solutions to over 70 partner agencies and networks across Hampden, Hampshire, and Franklin Counties. Our programs provide food to people in need as well as directly support food insecure communities to plan, plant, and harvest their own food. Our operations are powered by over 500 volunteers, including teen leaders who encourage their peers to educate themselves, serve others, and advocate for change. RTWM targets both immediate hunger crises and addresses longer term solutions, working to feed and nourish Western MA one delivery, one glean, one garden at a time. For more information on how to volunteer or donate, visit www.feedwma.org