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PRESS RELEASE

FOR IMMEDIATE RELEASE: May 11, 2011

RE: "Walk with the Mayor"

Mayor Bob Eschbach announced today an effort to improve the health of Ottawa citizens by encouraging them to collectively exercise. Each Thursday evening for six weeks, beginning Thursday, May 19, 2011 the Mayor invites any interested citizens to meet at 6:00 p.m. in Washington Square. Each week the group will take a one hour walk through different Ottawa neighborhoods.

The Mayor is initiating his efforts for two reasons. The first is to encourage the walkers to join in a City of Ottawa Relay for Life team to participate in the LaSalle County Relay for Life to be held at Streator City Park on June 17 and 18, 2011. It is not required that local walkers participate in the Relay for Life event, but Mayor Eschbach hopes that many of the participants will agree to join in that effort.

The Mayor noted that the American Cancer Society's Relay for Life event gives everyone in the community a chance to celebrate the lives of people who have battled cancer, remember loved ones who lost a battle with cancer and fight back against the disease.

The second purpose of the walks are to help improve the health of Ottawa citizens. Eschbach noted that one of the best ways to fight cancer is to live a healthy lifestyle which involves exercise and healthy eating habits. The Mayor also noted that overweight and obesity rates among Americans, for both adults and children, are growing at an alarming rate. "It's even worse for mayors, I hear," Eschbach noted.

There is no charge to participate in the weekly walks. No registration is required for the weekly walks. Relay For Life t-shirts will be given to all participants who raise \$100.00 or more. Participants can register online at www.relayforlifelasalle.com and join the City of Ottawa team or call the city hall office at 433-0161, extension 10 to sign up.