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## Village's Annual 5K Race and Obstacle Course Returns August 13



ORLAND PARK, IL (July 11, 2016) – Get ready for mud, foam, water and fun when Pandemonium in the Park returns to the Village of Orland Park on Saturday, August 13. First debuted in 2014, the 5K obstacle course is back with even more colorful and slippery challenges. The first wave begins at 8 a.m. at Centennial Park West, located at Somerglen Lane & Park Station Blvd., near 159th St. and 108th Avenue.

“Pandemonium is a great summer event that has grown in numbers and popularity each year it’s been offered,” said Mayor Dan McLaughlin. “If you enjoy 5Ks and obstacle courses, then Pandemonium is the best of both worlds.”

Pandemonium offers 20 obstacle courses to keep participants, climbing, sliding, crawling or running through mud, water, foam and more.

“This year, we’re featuring a new course with four new obstacles, and we are also opening the course up to 11-year-olds accompanied by a parent,” said Ray Piatonni, facility and event administrator for the Recreation Department.

Families, friends and co-workers are encouraged to form teams and experience Pandemonium together, dressed in costumes or silly themes. The race is not timed and all participants receive an official Pandemonium finisher’s medal and a free slice of Beggar’s Pizza. “The idea is to go out and enjoy the obstacles, pacing yourself because every obstacle is an opportunity to laugh and celebrate,” Piatonni added.

“Pandemonium is a great way to end your summer,” said Village Trustee and Parks and Recreation Committee Chair, Pat Gira. “If you have been wondering what this exciting and unique race is all about, come out this year and experience it firsthand.”

For those excited to join the race but unsure how they’ll hold their own, the Sportsplex Fitness Center will offer its Pandemonium Training Camp on Saturdays at 8 a.m., July 16-August 6. The class includes cross-train, plyometrics, running, biking, rowing, and weights and is open to ages 12 and up. The class is limited to 12 participants and is \$28 members; \$32 residents; \$48 nonresidents.

The Pandemonium registration fee is \$45 until July 17, \$50 from July 18 to August 12 and \$55 on race day. Registered participants may pick up their swag bags August 10, 11 and 12 at Human Race Sports, 15148 S. LaGrange Road. Registration includes a Pandemonium dri-fit t-shirt, race bib, and other free goodies.

Area high school students needing community service hours are invited to help with the village’s 5K. For more information, call the Recreation Department at 708/403-7275.

Advance registration and information is available at the Village of Orland Park Recreation Administration Building, 14600 South Ravinia Avenue and at the village's Sportsplex, 11351 West 159th Street. For more information or questions log on to [orlandpark.org/pandemonium](http://orlandpark.org/pandemonium) or (708) 403-7275.

[PANDEMONIUM IN THE PARK click here](#)