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For Immediate Release:

Orion 5K Supporting Meals on Wheels on May 13

Race on Saturday, May 13 in Memphis to end with live music, unique awards

May 8, 2023 (MEMPHIS, Tenn.) — The 2023 Orion 5K race is set on Saturday morning, May 13, beginning at 8:30 am in the Edge District. The Orion 5K is the first of four races in the M-Town Series, sponsored by Campbell Clinic.

The day's events include a 5K, a 1-mile Family Fun Run, and a Street Party in the EDGE neighborhood, outside the Wonder Bread building at 400 Monroe. The race, sponsored by Orion Federal Credit Union, the Edge Motor Museum, High Cotton Brewing, Fleet Feet Sports, the Memphis Medical District Collaborative, and the Downtown Memphis Commission, will end with a street party with fun for all ages and sounds from the Lucky 7 Brass Band.

The Orion 5K benefits MIFA Meals on Wheels. Memphis has the third highest senior food insecurity rate in the nation—11.4% of seniors in our community lack access to adequate nutrition. Since 1976, MIFA Meals on Wheels has provided hot lunches for homebound seniors, and today delivers more than 550,000 meals to 4,000 seniors each year.

“Hosting this race and inviting our community to join with us in giving back is important to all of us at Orion,” said Orion CEO Daniel Weickenand. “The consistent rise in senior food insecurity in Memphis is reason for us to all come together to support and create awareness for the cause. It’s an honor to support our neighbors.”

“Orion continues to be a generous partner to MIFA, and they work to bring awareness of the great need facing our community.” said MIFA President and CEO Sally Jones Heinz. “We are grateful for the support of the Orion team as well as the runners who plan on attending, and we look forward to seeing you on race day!”

MIFA reports research continues to show a direct link between addressing food insecurity and positive overall health outcomes. One healthy meal a day can have an enormous impact for many of our senior neighbors.

“There is so much need for nutritional support among this population in our community, and the impact is so great, and so low-cost. The cost of one meal, from preparation to delivery, is only \$10,” stated Heinz.

Since the race falls on Mother’s Day weekend, the race offers special awards in the categories of fastest Mother/Daughter, Mother/Son, Father/Son, and Father/Daughter teams. (more)

The first 500 Orion 5K finishers will receive a commemorative medal. The overall male and female winners will also walk away with the Orion 5K championship belt, a keepsake of Memphis running excellence.

Registration for the Orion 5K is open online at RunOrion5K.com until 8:30 a.m. on Saturday, May 13. See website for more event details.

WHAT: Orion 5K

WHERE: The 5K run will lead through the EDGE and Downtown Memphis; the Start/Finish Line is in front of Orion Federal Credit Union, 400 Monroe Ave, Memphis, TN 38103

WHEN: Saturday, May 13, 2023, 8:30 a.m.

WHY: To bring awareness and support to MIFA Meals on Wheels, delivering meals to homebound seniors in our community facing food insecurity

WEBSITE: RunOrion5K.com

ABOUT ORION

Founded in Memphis in 1957, Orion Federal Credit Union has grown to become the largest credit union in the Mid-South with more than 70,000 members and \$1 billion in assets. Orion offers a full spectrum of banking options ranging from savings and checking accounts to auto, home, personal and commercial real estate loans. As a member-owned financial institution, Orion's profits are passed along to members through higher deposit rates, lower loan rates, and affordable financial services that help pave the way to financial freedom. Orion takes seriously its responsibility to support the communities we serve. In 2019, Orion settled its headquarters in the former Wonder Bread factory near downtown Memphis in an effort to end blight and spur economic development in the Edge District. Bank anytime, anywhere at OrionFCU.com.

ABOUT MIFA MEALS ON WHEELS

MIFA was founded in 1968 in an unprecedented cooperative effort uniting church and community leaders to confront the growing issues of poverty, hunger, and social division in Memphis. Created in the wake of Dr. Martin Luther King, Jr.'s assassination, MIFA began as a volunteer-driven advocacy agency and has since evolved into a professional social service nonprofit with a focused mission: MIFA supports the independence of vulnerable seniors and families in crisis through high-impact programs. Its vision is uniting the community through service.

MIFA Meals on Wheels has provided home-delivered meals since 1976 and congregate meals since 1981. Today, this program provides 550,000 meals to more than 4,000 seniors in Memphis and Shelby County each year, with the support of community partners and the help of dedicated meal delivery volunteers.