



FOR IMMEDIATE RELEASE
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Port of Hueneme Contact: Letitia Austin
Public & Government Relations Managerz
laustin@Portofh.org
(805) 271-2205

City of Port Hueneme: James Vega
City Manager
jvega@ci.port-hueneme.ca.us
(805)986-6518

Hundreds of Runners Participated in a Heart Pumping Race to the Finish During the First-Ever Port/City 5K

Local runners enjoyed sun and fun at the inaugural "Run for Your Heart" 5K Race

[PORT HUENEME, CA – February 29, 2024] – In a strong spirit of partnership and heart for the community, the City of Port Hueneme, and the Port of Hueneme celebrated Heart Health Awareness Month by hosting a "Run for Your Heart" 5K Race on Sunday, February 24, 2024. The event is a result of the Port of Hueneme and City of Port Hueneme's Community Benefit Fund partnership. To help celebrate, Del Monte Fresh Fruit and Produce provided a nutritious banana for runners after they crossed the finish line.



Participants race in the "Run for Your Heart" 5K Run.



Racers headed out at 9:00 a.m. from Hueneme Beach Parking Lot C and followed a scenic route along the beach, down to the lighthouse, and back alongside the Hueneme Pier where over 500 participants crossed the finish line. Participants of all ages and experience levels participated in the fun and family-friendly event received a commemorative T-shirt and a medal for their participation. There were prizes for the top finishers, as well as raffles, music, refreshments, and health information booths at the post-race wellness fair.

"The Port is proud to co-host this event with the City of Port Hueneme!" said Port of Hueneme Board President Celina Zacarias. "Together we can better enhance the quality of life for our community and visitors by supporting recreational activities like these which showcase our beautiful coastal amenities and celebrate health. This race is a great example of us working together to achieve these goals while having fun and staying healthy."



(Left to Right) Mayor of Port Hueneme Misty Perez, Heart Mascot, and President of the Oxnard Harbor District Board of Harbor Commissioners, Celina Zacarias.



*A free Health and Wellness Fair for the community was available at the race.
Port of Hueneme staff gathered at the race finish line.*

Misty Perez, Port Hueneme city mayor, said "Run for Your Heart" was more than just a race. It was a way for the city and port to show appreciation and support for the community, environment, and the well-being of residents.

"Outdoor exercise and being near the beach are both mental and emotional health boosters," Perez said. "Spending time outdoors can provide an array of benefits, such as better breathing, improved sleep, reduced depression, motivation to exercise, greater mental energy, immune health, and better vision."

"I want to thank everyone who participated in both the Run for Your Heart 5K and the Health and Wellness Fair, especially all of the volunteers and supporters who made it possible," said Port Hueneme City Manager, James Vega. "This event is a great example of how the City and Port can partner together for the benefit of our Port Hueneme community."

Port Director and CEO, Kristin Decas, said: "I am so proud of our port and city staff who also participated as runners in this race. They showed their dedication and enthusiasm for our community and for their health. Day in and day out they demonstrate the spirit of teamwork and camaraderie. I congratulate them for their efforts and achievements in putting on such a great event for our community."

Don't miss the next opportunity to run for your heart and for your community. Stay tuned for more information about future events!



(Left to right) Misty Perez, Mayor of Port Hueneme; Martha McQueen-Legohn, Mayor Pro-Tem of Port Hueneme; Kristin Decas, CEO & Port Director; Alexis Vega; James Vega, Port Hueneme City Manager, and Bobby Martinez, Port Hueneme City Council Member.

About the Community Benefit Fund

The Community Benefit Fund (CBF) was established in 2015 by The Port and City of Port Hueneme to achieve the mutual goal of enriching the local community through a spirit of collaboration. When The Port's annual revenue exceeds \$13 million, an amount of \$100,000 is allocated to the CBF for The Port and City of Port Hueneme to come together and invest this funding in the community. By collaboratively investing in recreational, public safety, environmental, as well as community and economic development programs, The Port and City of Hueneme ensure that the community continues to thrive and prosper.

About the Port of Hueneme

The Port of Hueneme is one of the most productive and efficient commercial trade gateways for niche cargo on the West Coast. Five locally elected Port Commissioners govern the Port. The Port consistently ranks among the top ten U.S. Ports for automobiles and fresh produce. Port operations support the community by bringing \$2.8 billion in economic activity and creating 24,997 trade-related jobs. Trade through the Port of Hueneme generates more than \$236 million in direct and related state and local taxes, which fund vital community services. In 2017, the Port of Hueneme became the first Port in California to become Green Marine certified and was voted the Greenest Port in the U.S. at the Green Shipping Summit. www.Portofh.org.

*To learn more about the Community Benefit Fund visit:
<https://www.portofhueneme.org/cbf>.*



About the City of Port Hueneme

The City of Port Hueneme (pronounced "Why-nee-mee") is a unique community along Ventura County's Gold Coast just south of the City of Oxnard and Channel Islands Harbor. Port Hueneme is unique because of its rich history, culture, and traditions, dating back to the Chumash Indians who made their home here for centuries and because of its long-established, close relationship with the Port, U.S. Navy's Port Hueneme and Point Mugu naval facilities. For more information visit: <https://www.ci.port-hueneme.ca.us/>