



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

June 15, 2011

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YMCA Independence Day 5k Walk/Run, 1-Mile Run and ¼-Mile Tot Trot and Pump N' Run Competition

Good cause prompts runners to lace up for the We Build People 5K on July 4th

VIRGINIA BEACH, JULY 4 – Runners of all ages and abilities are invited to join us at 7:30 am at the Mt. Trashmore Family YMCA for the 27th Annual July 4th We Build People 5K, 1-Mile, 1/4 Mile Tot Trot and Pump N' Run. By participating in this event you are assisting others in your community with Child Care, Swim Lessons, Health and Wellness programs, Youth and Teen activities, Older Adult programs and Summer Camp.

We Build People, the annual giving campaign of the YMCA of South Hampton Roads, helps bring to reality the promise to build strong kids, strong families and strong communities. Your gift helps ensure that everyone has access to YMCA programs regardless of their ability to pay.

Once again the Mt. Trashmore Family YMCA is partnering with Jim White Fitness and Nutrition Studios to offer Pump N' Run, a full fitness Competition. Runners participating in the Pump N' Run can deduct time from their Run Time by performing up to 30 repetitions of the bench press. The press weight is determined by body weight, age and gender. A thirty second reduction will be applied for each repetition, up to a total of 30 reps and 15 minutes total possible deduction from their Run Time. Awards will go to both male and female age groups. Participants must be 15 years of age or older in order to qualify for this event.

For more information about the race or to register online please visit www.YmcaIndependenceDayRun.org or visit the Mt. Trashmore Family YMCA at 4441 South Blvd. in Virginia Beach. Thank you in advance for your support.

ABOUT THE YMCA OF SOUTH HAMPTON ROADS

The YMCA of South Hampton Roads is a nonprofit, community-based health and human services organization that serves over 205,000 children and families each year. More than 23% of those families receive financial assistance through the Open Doors program, helping them achieve their full potential in spirit, mind and body. The YMCA's doors are open to people of all ages, backgrounds, abilities and incomes.

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