



**YMCA of South Hampton Roads**

We build strong kids, strong families, strong communities.

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For more information contact:  
Sarah Johnson, Membership and Marketing Director  
Mt. Trashmore Family YMCA  
757-456-9622

## Free training and good cause prompts runners to lace up for the *We Build People* 8K on July 4th

**Virginia Beach** – Veteran and rookie runners of all ages are taking advantage of the free twice weekly training with a YMCA Fitness Coach available at Mt. Trashmore Park in preparation of the *We Build People* 8K, 1 Mile Run and ¼ Mile Tot Trot. The training sessions, which run through June 29 on Tuesdays and Thursdays at 6:30 p.m., are for youth and adults who want to train for a 1 Mile or 8K walk/run.

Sponsored by the Mt. Trashmore Family YMCA, the *We Build People* 8K, 1 mile and ¼ mile Tot Trot is an event for the whole family, with music, games and family fitness. Entry fee proceeds benefit *We Build People*, the annual giving program of the YMCA of South Hampton Roads. *We Build People* funds the Open Doors scholarship program which provides local individuals and families financial assistance for YMCA programs and services such as child care, aquatics, health and fitness, sports, day camp and teen programs.

Co-workers, friends and family can join together as a team. Teams consist of 6 or more participants and all team members must finish the race. The proceeds from each team's entry fee allows a child to attend YMCA Summer Camp for a week.

Children can get in on the action as well with the "Run My First Mile" 6-week program. Children train along side their parents and learn about goal-setting, step-by-step progress and achievement while taking part in a fun community event that helps other children in need.

The event is also a part of the YMCA's nation-wide Activate America initiative aimed at reducing America's level of obesity and inactivity. As part of the initiative children of all ages are invited to take part in the "Run My First Mile" program, exercising three times a week for six weeks. Families can practice together, running a 1-mile neighborhood route. YMCA members can also utilize new interactive youth fitness equipment.

Registration is not required for the training sessions, anyone interested can meet in the lobby at the Mt. Trashmore Family YMCA to join the group. Runners can register for the July 4<sup>th</sup> race at [www.active.com](http://www.active.com) or at the Mt. Trashmore Family YMCA located at 4441 South Blvd.

*The YMCA of South Hampton Roads is a nonprofit, community-based health and human services organization that serves over 110,000 children and families each year. More than 14% 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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