

FOR IMMEDIATE RELEASE

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Donna Gority
Honorary Chairperson

**Join Us
as
We Walk or Run
to
Stop Violence
Against Women**



Jackie Bernard
Event Chairperson

**Every 10 seconds a woman is assaulted in the United States
by a stranger, a friend or most likely a partner**

On Saturday, May 14, show your support for women across America, especially in Blair County. Ask your family, friends and coworkers to join you for great exercise and a great cause as you walk or run through the beautiful campus of Penn State Altoona. Registration begins at 7:00 am with start of the race set for 8:00 am in the parking lot located off of Ivyside Drive.

Last year alone, Family Services provided services to over 2,700 Victims of Domestic Violence and 900 Victims of Sexual Assault and other crimes. With decreased funding for both programs, it is especially important for the community to show support this year, so that Family Services can continue to provide the same amount of quality care to victims served.

The 10K – 5K Race & Walk has an event for everyone regardless of age and fitness level. Both runners in the 10K and the 5K Races compete within 11 different categories determined by age and gender from 14 and under to 60 and older. Medals will go to the top 3 male/female finishers in each of the age groups.

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Businesses and organizations can compete for a team trophy. This trophy will be awarded to the team with the highest number of points. Points are determined by two criteria:

- 1) Total Number of Participants - 1 point for each member running and/or walking in any of the events and
- 2) Best Team Spirit - 10 points to the top team and 5 points to the second place team.

Last year over 35% who participated raced or walked as a team in the 10K – 5K Races, 5-K Walk or the Lollipop Race.

Not a runner – come out and walk to Stop Violence Against Women. Anyone can register for the Fun Walk (3.1 miles) taking the same route as the runners through the beautiful Penn State Altoona campus area. Your participation at this event will demonstrate to our community that you also want to stop violence against women.

Early registration for both the race and walk is \$18.00 per person till May 4th. After May 4, registration for both the race and walk up till and including race day will be \$22.00. The first 300 participants will receive a short-sleeved t-shirt. For more information or to register for this event, call Family Services Incorporated at 814.944.3583, ext. 705 or go online at www.familyservicesinc.net/race



Fun For The Whole Family!



Don't forget to enroll your children (ages 3 - 10) in the Lollipop Race!

\$10.00 registration

Children will receive:

A 2011 race t-shirt

Snacks & drinks

A craft to take home

A medal for participating

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