



Sept. 8, 2009

FOR IMMEDIATE RELEASE

Fit Fest '09 5K Run/Walk, Health & Fitness Demos Raise Funds

to Construct & Maintain the Paul Ambrose Trail for Health; 400+ Participants Expected

Special Awards Ceremony Performance by Mark McVey

Huntington, W.VA. – Fit Fest '09, the first annual 5K Run/Walk to raise funds for the Paul Ambrose Trail for Health and provide Huntington-area residents with information about improving health and fitness, takes place Friday, Sept. 11, 2009, from 4 to 8 p.m., at the Ritter Park picnic shelter and surrounding area.

Nearly 250 participants have pre-registered for the 5K Run/Walk, including a group of high school, college, medical school and Washington, D.C., friends of the late Dr. Paul Ambrose, for whom the PATH is named. Four hundred adult runners and 150 children are expected to sign up for the race.

Huntington native and Broadway entertainer Mark McVey will perform three songs during the awards ceremony, which begins at 7:45

For non-runners, fitness and nutrition demonstrations will be provided by Marshall University's Joan C. Edwards School of Medicine (MUSOM) "Let's Get Moving" program, Huntington Junior League's "Kids in the Kitchen" program, West Virginia WIC, Zumba, St. Mary's Transportation Injury Prevention and Safety Bike Rodeo and the Marshall University Recreation Center. The Robert C. Byrd Rural Health Center's Mobile Unit, volunteer physicians, registered nurses and students from the MUSOM will provide free blood pressure checks, blood glucose monitoring, body/mass index calculations and personal wellness surveys.

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Major sponsors include the Rahall Transportation Institute, Cabell County Medical Society Alliance, Paul Ambrose Foundation, Cabell Huntington Hospital, Huntington Internal Medicine Group, St. Mary's Medical Center, Marshall University, Herald-Dispatch and the Huntington Greater Parks and Recreation District.

Funds raised from Fit Fest '09 will construct sections of the PATH and to maintain it after completion. The PATH is a 26-mile non-motorized trail, which after completion, will span from west Huntington to Guyandotte and link communities to encourage a healthier population and provide safe pathways to work, schools and area businesses.

Several Southside area streets will be closed to traffic **Friday, Sept. 11, 2009, from 5:15 to 7:35 p.m.** during Fit Fest '09 5k Run/Walk. To protect the safety of more than 400 expected runners and walkers, the following streets will be closed at 5:15 p.m.:

- **North Blvd. from 8th St. to 7th Street West.**
- **11th Ave. from 5th St. to 7th St. West.**

Streets will reopen at 7:35 p.m. Drivers are advised to seek an alternate route during this time, and their patience and cooperation is greatly appreciated.

To pre-register for Fit Fest '09, please print a form from www.paulambrosetrailforhealth and mail it to the address on the form. Online registration is unavailable, but any entry postmarked by 9/9/09 will qualify for early registration. After 9/9/09, please register from 4 p.m. to 6:15 p.m. at the Ritter Park picnic shelter.

For more information, contact Errin Jewell, Public Affairs Specialist at 304-696-7165 or ejewell@njrati.org.

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