



June 15, 2010

FOR IMMEDIATE RELEASE

Registration Now Available for the Paul Ambrose Trail for Health (PATH)

Kids' Summer Marathon Training Program, Hosted by the HIT Center

HUNTINGTON, W.VA. – As part of FitFest '10, the HIT Center has created a Kids' Summer Marathon Training Program, which encourages kids to stay active during the summer months by completing a cumulative, 25-mile training program that ends with the 1-mile Kids' Fun Run Sept. 11, 2010, at FitFest '10 at Ritter Park.

Registered participants will receive a running calendar, log sheet and suggested 1-mile routes to help each person complete 25 miles at his or her own pace. The HIT Center will also host an open gym for registered participants on Wednesdays from 5-7 p.m., beginning June 23 and ending Sept. 8, 2010.

The \$20 entry fee includes: a running schedule developed by the HIT Center for beginner, intermediate or advanced runners; entry into FitFest '10 Kids' Fun Run; Kids' Fun Run t-shirt, special "HIT Center Summer Marathon" t-shirt; open gym at the HIT. The school with the highest percentage of registered participants by August 1, 2010, will win a "Back to School PIZZA PARTY" in September!

There are two ways to register: 1) Sign up at the HIT Center or 2) Mail in an entry form and payment to "FitFest Marathon" c/o RTI Foundation, Inc. P.O. Box 5425, Huntington, WV, 25705. Each participant must complete an official entry form and submit their payment by Aug. 1, 2010. No refunds are available.

The PATH is a 26-mile pedestrian and bicycle trail that, upon completion, will connect many communities in Cabell and Wayne Counties, by providing an alternative route to businesses, schools, residential areas and public parks. The PATH is named for Dr. Paul Ambrose, a promising young physician from Barboursville who graduated from Marshall University School of Medicine. Dr. Ambrose was passionate about fighting obesity, especially in rural areas, through physical fitness. His life was cut short when terrorists crashed the airplane he was riding into the Pentagon on Sept. 11, 2001.

Events such as FitFest and the Kids' Marathon Program honor Dr. Ambrose's efforts and continue his legacy by teaching the next generation of Huntington residents to exercise.

For more information, contact Dan Pickens or Amy Hanshaw at the HIT Center (304) 529-4482 or Errin Jewell at path@njrati.org or 304-696-7165.

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