

**MEDIA ADVISORY / PHOTO OPPORTUNITY**  
**For Wednesday, Sept. 30 and Saturday, Oct. 3, 2009**

**Urban Youth to Take Part in Medtronic Twin Cities 5K and Diana  
Pierce Family Mile**

*YWCA of Minneapolis teaches children and teens running and lifelong fitness*

**WHAT:** More than 125 Minneapolis children and teenagers, primarily children and youth of color, will participate in the Twin Cities 5K and Diana Pierce Family Mile on Saturday, Oct. 3, after weeks of training with YWCA personal trainers and fitness staff. The races are part of the Medtronic Twin Cities Marathon weekend of activities. Many racers will be running with parents and siblings, showing the value of fitness for the whole family.

The YWCA of Minneapolis is creating fitness opportunities and removing barriers so that urban youth can become more active. The youth are participants in YWCA Girls & Youth programs including Girls, Inc., Strong Fast Fit Youth and Asian Youth. These programs reach hundreds of Minneapolis youth a year and emphasize healthy choices, school engagement and leadership.

The YWCA of Minneapolis is a Youth Fitness Community Partner of the 28<sup>th</sup> Annual Medtronic Twin Cities Marathon. Through this partnership, children and youth take part in the race events and will receive professional training and quality running shoes to support their fitness goals.

**WHEN /  
WHERE:**

**Wednesday, Sept. 30, 2009**

**Midtown YWCA, 2121 East Lake Street, Minneapolis**

5:30 – 7:30 p.m. Pasta feed, poster making and running shoe distribution

**Saturday, Oct. 3, 2009**

**State Capitol, St. Paul**

9 a.m. Twin Cities 5K Run/Walk start

10 a.m. Diana Pierce Family Mile start

**PHOTO/INTERVIEW OPPORTUNITIES:**

- Minneapolis youth, many participating in a running race for the first time, can share their experiences training for the 5K and one mile.
- Quiana Perkins, YWCA Fitness Products Coordinator, and Karen Sterk, YWCA Director of Health & Fitness, can discuss how to support youth in developing lifelong healthy habits and the impact of YWCA programs.

**WHO:** The YWCA of Minneapolis provides access to fitness opportunities for underserved youth in the community. Each year, the organization serves more than 1,500 urban youth ages 6-18. This past year, 62 percent were girls, 82 percent were from low-income households and 90 percent were youth of color.

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