

# Princeton Family YMCA Hosts 5K Run to Battle Heart Disease

*Princeton, August 6, 2008* – The Princeton Family YMCA will host its first *Conquer the 5K(s)* Race and Fun Run on Sunday, August 24, 2008 at 9:30 am on the Educational Testing Service (ETS) Campus located off Rosedale Road in Lawrence. The event is dedicated to raising awareness about the five killers or “Ks” that lead to heart disease: high blood pressure, high cholesterol, obesity, diabetes and stress.

In the last 10 years, obesity rates in the United States have increased 60 percent, and more than 50 percent of U.S. adults do not get enough physical activity to make a difference in their health, according to YMCA of the USA. In addition, an article featured in the New England Journal of Medicine asserts that the current generation of American children could be the first to lead shorter lives than their parents.

The *Conquer the 5K(s)* race is one of the many ways that the YMCA is responding to the nation’s growing health crisis by engaging community members to lead healthier lifestyles to prevent and survive heart disease, promoting healthier choices among families and children, and encouraging healthy spirit, mind and body for all.

Early registration is \$15 per runner; the cost will be \$20 per runner on the day of the race. Children’s activities will be taking place during the run, as well as a Fun Run for non-racers beginning at 9:00 am.

Proceeds from the *Conquer the 5K(s)* race will benefit YMCA programs and activities dedicated to the elimination of heart disease, such as group exercise classes, upgrading equipment, and providing support and expertise from staff to help individuals of all abilities achieve their personal fitness goals.

For sponsorship information, visit [www.princetonymca.org](http://www.princetonymca.org) to register on line, or call 609-497-9622 x204.

The *Conquer the 5K(s)* Race is just one of the many activities that support the Princeton Family YMCA’s commitment to the holistic development of children and youth, healthy lifestyles for all, and family strengthening. Registration for Princeton YMCA fall programs begins August 11. For information or to register online, visit [www.princetonymca.org](http://www.princetonymca.org) or call the Membership Office at 609-497-9622 x204.



The Princeton Family YMCA, in partnership with the Bristol-Myers Squibb Company, will host its inaugural *Conquer the 5K(s)* Race and Fun Run on Sunday morning, August 24 on the Educational Testing Service (ETS) Campus. Pictured are Director of Community Affairs Frederick J. Egenolf (center) with (left to right) Princeton Family YMCA Youth, Sports & Fitness Director Kevin Walsh, Fitness Coordinator Sandra Anthony, Chairman David Sandahl, and State Champion runner and longtime YMCA member Brian Leung. To register, please contact the Princeton Family YMCA at 609-497-9622 x209 or visit [www.princetonymca.org](http://www.princetonymca.org).

**The Princeton Family YMCA is a charitable organization dedicated to building strong kids, strong families and strong communities. For more information about YMCA programs visit [www.princetonymca.org](http://www.princetonymca.org) or call 609-497-9622 x204.**

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