



PRESS RELEASE

For Immediate Release
No. 29/12

April 11, 2012

Contact: Jackie Holt
(804) 285-9495 x247

Connects Federal Credit Union Corporate 4 Miler registrations on pace to break entry record

American Family Fitness 4 Mile Training Team to kick off April 15th

RICHMOND, VA – More than 70 corporate teams have already registered to participate in the third annual Connects Federal Credit Union Corporate 4 Miler on June 7. This is on pace to surpass the record 120 teams registered in 2011.

This Thursday evening event has been dubbed “Richmond’s Biggest Office Party,” bringing the corporate community together to celebrate fitness after a long day of work. The corporate run/walk will be held at the Innsbrook Office Park finishing on Dominion’s campus.

At the Connects Federal Credit Union Corporate 4-Miler, employers can promote health in the workplace and build corporate pride - or just use it as an excuse to head outdoors for a great summer night with friends.

American Family Fitness 4 Mile Training Team:

For the first time, the Sports Backers have partnered with American Family Fitness to offer an eight-week training program to prepare individuals and teams for the Connects FCU Corporate 4 Miler. The training program kicks off the week of April 15 at seven American Family Fitness locations around Richmond. Group training dates and times will vary based on the training location:

- **Chester:** Saturdays, starting 4/21/12 • 8am
- **Colonial Heights:** Tuesdays, starting 4/17/12 • 6pm
- **Mechanicsville:** Wednesdays, starting 4/18/12 • 6pm
- **Midlothian:** Thursdays, starting 4/19/12 • 6pm
- **Northside:** Tuesdays, starting 4/17/12 • 6pm
- **Swift Creek:** Saturdays, starting 4/21/12 • 8am
- **West End:** Thursdays, starting 4/19/12 • 6pm

The American Family Fitness 4 Mile Training Team costs \$55 and includes an 8 week training program and guide, entry into the Connect Federal Credit Union Corporate 4 Miler, a special training team T-shirt, and group training sessions with experienced coaches.

For more information or to register for the Connects Federal Credit Union Corporate 4 Miler or the American Family Fitness 4 Mile Training Team, visit www.sportsbackers.org.

###