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National Running Day to Unite the Country Through Events and Activities from New York to San Diego on Wednesday, June 3

Major U.S. running organizations to host local events as part of national effort to get Americans moving

Houston, April 1, 2009—The United States running industry today announced an unprecedented unified effort to launch the inaugural National Running Day on Wednesday, June 3, to nationally and locally promote running as a healthy, easy, and accessible form of exercise. Across the country, the day will celebrate the benefits of running as part of a healthy and active lifestyle aimed at combating some of today's most pressing health issues.

Through a grassroots effort, the foremost road racing and track and field organizations from major U.S. cities—including New York, Boston, Chicago, Washington, D.C., Atlanta, Houston, Minneapolis/St. Paul, Little Rock, Denver, Eugene, and San Diego—in addition to national running organizations USA Track & Field and Running USA, are encouraging Americans of all ages and fitness levels to get out and run by hosting a variety of National Running Day activities, including professional athlete appearances, free running events, group runs, and clinics.

This unified effort is aimed at encouraging people to lace up their shoes and invite a friend to join them in experiencing the simplicity and cost-effectiveness of running.

"Houston is excited to be a part of such a positive initiative," said Chevron Houston Marathon race director Brant Kotch. "Running promotes a healthy, active lifestyle and it's an easy way to look and feel great. We encourage everyone to take part in National Running Day."

Runners can join in the National Running Day festivities by simply going for a run on June 3, then logging on to the national website and social media resources at runningday.org to download an "I'm a Runner/I Ran Today" Facebook button, interact with other runners, and find complete information. Resources available on the site will include information on local community events with running clubs and retailers, course-mapping tools, training tips, and other running-related information.

"This is a day to celebrate the most universal of all sports," said USA Track & Field CEO Doug Logan. "By taking National Running Day into the virtual realm of social networking, we're doing even more to expand that universe. You might be running toward a goal, running with a purpose, or even just running away from your problems. Any reason is a good reason to run, especially on National Running Day."

The Chevron Houston Marathon, a Running USA founding member, is the nation's premier winter marathon, annually attracting participants from all 50 U.S. states and more than 20 foreign countries. In 2009, more than 23,000 runners participated in four marathon weekend events (marathon, half marathon, 5K run and children's run). The Houston Marathon has been ranked among the top five marathons in the nation by *Ultimate Guide to Marathons* for fastest course, organization and crowd support. More than 5,000 volunteers organize the race, which is Houston's largest single-day sporting event.

For more information, visit www.chevronhoustonmarathon.com or call 713-957-3453.

