



For Immediate Release: August 19, 2010

Contact Information:

Renatta Campbell
Seattle Marathon Association
206.729.3660
info@seattlemarathon.org

Girls on the Run
Kerin Brasch
206-528-2118
kerin@girlsrun.org

**Seattle Marathon Association Announces Partnership with
Girls on the Run of Puget Sound**

Non-Profits use running to encourage healthy lifestyles for kids.

Seattle, WA (August 19, 2010) - The Seattle Marathon Association announces today that it has brought on [Girls on the Run of Puget Sound](#) as an Official Partner of the 2010 Seattle Marathon Family of Events, which includes the Amica Insurance Seattle Marathon, the Seattle Marathon 5k Race: presented by Road Runner Sports and the Seattle Children's Kids Marathon.

"I am happy to have such a great organization partnering with our event," says Louise Long, Race Director for the Seattle Marathon events. "We share a common goal of promoting fitness and healthy lifestyles for kids."

An active lifestyle is a key component of good health for all school-age kids and the partnership of the Seattle Marathon Association and Girls on the Run of Puget Sound will encourage training for age-appropriate running activities, such as the kids' marathon and 5k race. The Seattle Children's Kids Marathon is structured to allow children — kindergarten through eighth grade — to complete a full 26.2-mile marathon at a rate that is fun and safe for their growing bodies "one mile at a time."

Recognizing, however, that good health relates to more than just exercise, the kids marathon also encourages them to read 13 books and perform 13 do rights (good deeds).

“When a child trains for a running event, not only does her level of fitness increase, but she also learns lessons that equip her with essential life skills,” says Kerin Brasch, Executive Director for Girls on the Run of Puget Sound. “This partnership will enable us to impact the lives of more children than ever before as both organizations are dedicated to improving the health of our community,” Brasch adds.

This year’s kids marathon marks the 12th occurrence of the annual event and will take place on SATURDAY, November 27th at 10:00 AM at the Seattle Center. The start line, where kids begin their final 1.2 miles, is on the corner of 5th and Harrison.

About Seattle Marathon Association - The Seattle Marathon Association (SMA) is a non-profit organization governed by a ten member Board of Directors. It is proud of its commitment to providing a quality running event in the Pacific Northwest, providing its sponsors with maximum exposure in association with the event and making a positive social and economic impact on the city of Seattle.

About Girls on the Run of Puget Sound - Girls on the Run of Puget Sound is a non-profit that operates an afterschool, youth development program that uses the power of running to prepare girls for a lifetime of self-respect and healthy living. The Girls on the Run® curriculum creatively incorporates training for a 5k with lessons that encourage third-through-fifth-grade girls to develop essential life skills. Through interactive activities such as running, playing games and discussing important issues, participants experience the joy of simply being themselves!

###