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WHYY Encourages Philadelphia to Get Fit on November 9

Public media provider hosts fifth annual family-friendly day of fitness activities

PHILADELPHIA, October 17, 2013 — On Saturday, November 9 from 8:00 a.m. to noon at Fairmount Park in Philadelphia, more than 500 runners and fitness enthusiasts of all levels and ages are expected to join WHYY for its fifth annual **Y12K Road Race**, a 12-kilometer (7.45-mile) course that extends from the southern side of the Philadelphia Museum of Art to Falls Bridge and back along Martin Luther King Jr. Drive.

Designed for all skill levels, from novices to experienced runners, the event also features a **3K Family Walk/Run**, free for children 13 and under, and **Y Kids Family Fit Zone**. Parents are encouraged to run, walk or push strollers with their kids through the 3K race. The Y Kids Family Fit Zone offers fitness activities and educational games, as well as a chance to meet your favorite costumed characters from *Sesame Place*. New this year, the event also includes a **"Fred" 5K** honoring the memory of the beloved PBS host Fred Rogers. Runners of the "Fred" 5K are invited to dress up as their favorite character from *Mister Rogers Neighborhood*.

"What better way to enjoy the beautiful fall foliage in Philadelphia's Fairmont Park than being active with your family while supporting a great cause," said Julie Gannaway, WHYY community relations coordinator. "People of all ages and fitness levels can get involved in this fun, community-centered event. And best of all, proceeds benefit WHYY's educational and enriching programs and services."

An awards ceremony will be held at the finish line near the Philadelphia Museum of Art. Prizes will be awarded to the overall top male and female finishers and top finisher in each age group for the Y12K. For event details and to register, visit WHYY.org/events.

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