



NEWS & INFORMATION

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Heidi Swartz – 817-207-0224, info@cowtownmarathon.org

The Cowtown Marathon and the Southwest YMCA Merge Fall Running Events To Raise Youth Scholarship Funds

(Fort Worth, TX) --- The Cowtown Marathon and the E. R. Van Zandt Southwest YMCA have joined their fall runs to create the Trinity Trot C.A.L.F. 5K/1 Mile Run. The Southwest YMCA has held the Trinity Trot for 35 years and last September was the first running of The C.A.L.F. 5K/1 Mile Run, presented by The Cowtown Marathon. Both events take place to raise awareness and funds for area youth and to promote physical fitness.

The Trinity Trot C.A.L.F. 5K/1 Mile Run will take place Saturday, October 8, 2011. The event will start and finish at the TCU Campus and run through the shaded TCU Neighborhood. Online registration is now open. Runners may register by going to www.cowtownmarathon.org or www.trinitytrot.org and click on Trinity Trot C.A.L.F. Run registration link.

The Cowtown and the YMCA are two local and active non-profit organizations working to promote youth fitness, so joining forces makes sense and will significantly raise awareness of our missions,” says Brian Hocker, Chairman of the Board of The Cowtown and a member of the Southwest YMCA advisory board. “This will be a fun, family event with the proceeds going to a very worthwhile community cause.”

In 2011, The Cowtown distributed over 550 pairs of running shoes to area youth along with financial grants used to reduce, or eliminate, race registration fees to over 600 children. Last year the Southwest YMCA was able to provide greatly reduced race registrations for 400 JROTC/JCC students with any remaining income going toward scholarships for children and families within the Southwest community.

The Cowtown exists to empower healthy living. We do this by bringing the community together to create and participate in races designed for all fitness levels. Operating as a nonprofit, The Cowtown funds educational initiatives and provides resources that support our healthy living mission.

The YMCA strives to build stronger communities through youth development, healthy living, and social responsibility. The intention of the YMCA is to be an organization that provides programs and services “for all.” Giving each child and family the opportunity to be healthy, and a contributor to their community.

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