



FOR IMMEDIATE RELEASE

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STOKES FAMILY YMCA HOLDING 10TH ANNUAL KING OF THE HILL 5K

KING, NC – September 2, 2009 – The Stokes Family YMCA is holding the 10th Annual King of the Hill 5K on Saturday, September 19. The fun 5K is open to athletes of all levels, from serious competitors to first-timers. Everyone is welcome.

The King of the Hill 5K registration starts at 8:00 a.m. on the day of the race. Race packets may be picked up at that time, but they are also available for early pick-up from 2:00-6:00 p.m. on Friday, September 18. The race will start promptly at 9:00 a.m. Trophies will be awarded at the end of the race to the top three overall finishers as well as to the top male and female in each of the following categories: 19 and under, 20-29, 30-39, 40-49, 50-59 and 60 and up.

The cost of the 5K is \$18 for YMCA members and \$28 for non-members who register before the day of the event. Registration on the day of the event is \$30 for everyone. All proceeds benefit the Stokes Family YMCA Partner with Youth Campaign, which provides financial assistance to people in this community for YMCA programs and memberships.

For questions about the King of the Hill 5K, contact Tiffany Boyles, Health Enhancement Director, at t.boyles@ymcanwnc.org or 336-985-9622. Those interested in participating can register in person at the YMCA, or via mail by downloading the registration form on <http://stokes.ymcanwnc.org> and mailing it to the YMCA. The Stokes Family YMCA is located at 105 Moore Road, King NC 27021.

About YMCA of Northwest North Carolina

When the first YMCA was established in 1844 in London, England, its mission was to promote positive Christian values as well as healthy behaviors and activities. Today, the YMCA movement has spread to more than 130 countries around the world, supporting and influencing the lives of millions of men, women and children of all backgrounds. The YMCA of Northwest North Carolina association, a United Way agency, has been serving Winston-Salem and the surrounding areas since 1888. We have created a tradition of enhancing the lives of people in our community through an ever-growing list of programs and opportunities. We're proud to serve the people of Northwest North Carolina by helping to build strong kids, strong families and strong communities. Our association currently serves more than 51,000 YMCA members and more than 100,000 people with our memberships and programs. The YMCA of Northwest North Carolina has adopted Healthy Community 2015 initiatives to prepare youth and teens to succeed, strengthen and support families, develop caring communities and adopt healthy living habits. The YMCA offers financial assistance for memberships and programs through the Open Doors Program. Learn more about the YMCA of Northwest North Carolina at <http://www.ymcanwnc.org>.

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