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For Immediate Release

American Record-holder Deena Kastor to Compete in 10th Anniversary of More Magazine/Fitness Magazine Women's Half Marathon on Sunday, April 14

Kastor placed third in recent ASICS LA Marathon, only her second marathon since the birth of her daughter two years ago

New York, March 26, 2013—American record-holder Deena Kastor, coming off a strong third-place finish recently at the ASICS LA Marathon, will compete in the 10th-anniversary running of the More Magazine/Fitness Magazine Women's Half Marathon on Sunday, April 14, it was announced today by New York Road Runners president and CEO Mary Wittenberg.

The country's largest women-only half-marathon, which is open to women runners and walkers of all ages, takes participants on a 13.1-mile tour of scenic Central Park. The race attracts women from all 50 states and of every level, from first-time runners to elite athletes. Each year, the sold-out event provides thousands of women the opportunity to gather for competition, celebration, and camaraderie. The race champion will win \$1,000 and receive "The Meyerhoff," an award named in honor of 2010 champion and NYRR member Sally Meyerhoff, who died in a tragic cycling accident in March 2011.

"It is very special for us to have Deena Kastor here at the More Magazine/Fitness Magazine Women's Half Marathon with the anniversary theme of 'Women Run the World,' celebrating women leaders who have changed the face of business, sports, education, and health," said Wittenberg. "Deena is one of our country's great athletes, and she continues to impress us all with her incredible talent, dedication, and passion for what she loves, which we appreciate and honor."

Kastor, 40, of Mammoth Lakes, CA, is one of America's greatest and most decorated distance runners of all time. She holds nine U.S. road running records ranging from five kilometers to the marathon, including a half-marathon mark of 1:07:34. Kastor was the 2004 Olympic bronze medalist in the marathon and is the only American woman ever to break 2:20:00 at that distance. She also holds two silver medals from the IAAF World Cross Country Championships.

"I am thrilled to participate in the More Magazine/Fitness Magazine Half-Marathon," said Kastor. "It is an honor to celebrate our sport with so many women who have inspired me to continue competing as a 40-year-old mom."

Alison Sweeney of *The Biggest Loser* and Mika Brzezinski of MSNBC's *Morning Joe* will co-host the race and welcome 10,000 runners and spectators from around the world. In addition to hosting the event, both Sweeney and Brzezinski will be running the race for the first time. Joining them will be *More* magazine editor-in-chief Lesley Jane Seymour and *Fitness* magazine editor-in-chief Betty Wong, who will

help honor the 10th anniversary of the event with a special “Women Who Run the World” tribute, saluting 10 fearless game-changers who have paved the way for women over the last decade.

Athleta and Skechers are the presenting sponsors; Duane Reade, Oakley, and Tonalin are the official product sponsors; Hole in the Wall Gang, a nonprofit summer camp and year-round center serving children and their families coping with cancer, is the charitable partner; Crystal Light and CARE are the expo sponsors; CocoaVia is the sampling sponsor; and *The Better Show* is the official media partner.

Prior to the race, a two-day Health and Wellness Expo will be held at the Metropolitan Pavilion—located at 18th Street between Sixth and Seventh avenues—at which adults can enjoy a wealth of health-oriented activities including meet-and-greets with magazine editors and running experts, health screenings, fitness seminars, product sampling, shopping, sweepstakes, and more. The expo, which is free and open to the public, is also the location for race-number pickup for registered runners.

The half-marathon will begin at 8:00 a.m. on Sunday, April 14, on Central Park’s West Drive near 63rd Street. For more race details, please visit <http://www.morefitnesshalf.com>.

About NYRR

New York Road Runners was founded in 1958 when a small group of passionate runners vowed to bring running to the people. Over the past 54 years, NYRR has grown from a local running club to the world’s premier community running organization. NYRR’s mission is to empower everyone, of all ages and abilities—beginners and competitive athletes, the young and the elderly, adult professionals and underserved schoolchildren—to improve their health and well-being through the power of running and fitness.

NYRR’s races, community events, instruction and training resources, and youth programs give hundreds of thousands of people each year the motivation, know-how, and opportunity to start running and keep running for life. NYRR’s premier event, the famed ING New York City Marathon, attracts the world’s top pro runners and committed amateurs alike while also raising millions of dollars annually for charity and driving economic impact for the City. But NYRR is equally committed to the runners of tomorrow, passionately providing youth fitness programs that educate and inspire more than 100,000 kids in underserved communities in New York City, all 50 states, and around the world.

Headquartered in New York City, NYRR implements a unique nonprofit model that teams contributed and earned income to make all its efforts possible. To learn more, please visit www.nyrr.org

About *More* Magazine

Launched in September 1998, critically acclaimed *More* is the only lifestyle publication that celebrates women of style and substance. *More* shares the latest on beauty, fashion, health, career, finance, travel and culture with a community of influential women interested in reinventing themselves and their world. The magazine is published 10 times a year by Meredith Corporation with a rate base of 1.3 million and readership of nearly 1.8 million with the highest income among all women’s magazines. *More* was named 2006 Magazine of the Year by *Ad Age* and also landed on the publication’s “A List” of Top 10 magazines in 2007, 2005 and 2003. *Adweek* named *More* to its 2009 “Hot List,” *Capell’s Circulation Report* honored *More* as one of the Top 10 Newsstand Performers in 2006, while *Media* named *More* the “Best Women’s Lifestyle Magazine” of 2004. Visit www.more.com.

About *FITNESS* Magazine

Launched in 1992, *FITNESS* magazine is a leading source for all the latest news on health, nutrition and exercise. *FITNESS* motivates women to move—for fun, for health, for life. With workouts and diet plans that get results, plus inspiring beauty and health tips, *FITNESS* empowers women to be fierce about reaching for and achieving body success, however they define it. *FITNESS* is published 10 times a year by Meredith Corporation [NYSE: MDP], with a rate base of 1.5 million and an audience of 7.3 million readers. For more information, please visit www.fitnessmagazine.com.