

FOR IMMEDIATE RELEASE

## **Fifth Annual National Running Day Set for June 5, 2013**

### **Thousands to take part in nationwide celebration**

NEW YORK, MAY 30, 2013—For the fifth consecutive year, runners will use National Running Day to get inspired and motivated, and to celebrate the reasons and people that make running a special part of their lives. This could include joining a group run, trying a new route, having a night out with running buddies, signing up for a fall race, or committing to a training plan.

“National Running Day is a wonderful way to bring people together to promote running and its many benefits. Running USA and its members encourage everybody to invite a friend or group to run on June 5 to celebrate the essence of running,” said Ryan Lamppa, Running USA’s media director.

There is great camaraderie and goodwill among runners. “Running unites people and often whole cities and towns,” said Mary Wittenberg, president and CEO of New York Road Runners. “This year, runners told us they wanted to use National Running Day as a way to show support for the victims of the Boston bombings, so we’ve made special ribbons and bibs for events across the country. Runners can also donate to The One Fund Boston through the National Running Day website.”

Visit **[www.runningday.org](http://www.runningday.org)** to:

- Make a bold “I RUN...” statement and post it for all to see
- Find or set up a group run to take place on Wednesday, June 5
- Download “Boston Strong” bibs
- Donate to The One Fund Boston
- Discover ways to celebrate the running holiday

Visit [runningday.org](http://runningday.org) and join our Facebook page at [www.facebook.com/runningday](http://www.facebook.com/runningday) for all the latest news and activities.

#### **ABOUT NATIONAL RUNNING DAY**

National Running Day, held annually on the first Wednesday in June, is a day when runners everywhere declare their passion for running. It is a coast-to-coast celebration of a sport and activity that’s simple, inexpensive, and fun. It’s the perfect way for longtime runners to reaffirm their love of running and for beginners to kick off a lifetime of life-changing commitment. National Running Day is a collaborative effort of the foremost running organizations in the United States, including the Atlanta Track Club, the Boston Athletic Association, the Chevron Houston Marathon, the Chicago Area Runners Association, Competitor Group, Inc., the Little Rock Marathon, the Marine

Corps Marathon, New York Road Runners, the Oregon Track Club, Running USA, the Twin Cities In Motion, and USA Track & Field.