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FOR IMMEDIATE RELEASE

Here for the Girls Hosts 10th Annual Run for the Hills 10K/5K Presented by TowneBank

WILLIAMSBURG, VA, October 1, 2019 – Here for the Girls is hosting its annual Run for the Hills race on October 12, featuring a 10K, 5K, and 1-Mile Fun Run, as well as a free fall fest! The run has a virtual component that allows supporters to participate from any location at any time.

Every October during Breast Cancer Awareness Month, Here for the Girls invites the public to join 550+ participants, volunteers, and community business members who value health and fitness at its annual Run for the Hills 5K/10K and Fall Fest. Over the course of the morning, guests get a chance to enjoy a family fall fest with henna, face painting, Matchsticks BBQ food truck, a pumpkin patch, corn hole, sponsors tables, and more! In recent years, this popular event has become a friendly competition among teams to see which can have the biggest group attend -- many teams don matching outfits (from team tee shirts to tutus and decorated bras) to support a loved one or to promote a favorite business.

Held at Sanford B. Wanner Stadium in Williamsburg on Saturday, October 12, the event is entering its tenth year. "This run is all about supporting 'the girls,' our young women who have been diagnosed with breast cancer," said Development and Events Manager, Amanda Capozzi. "But it's also a way for our community to take action by doing something healthy for themselves. We are grateful to TowneBank and our community for being here for our girls!" Proceeds benefit Here for the Girls and its mission to improve the lives of young women affected by breast cancer.

Participants can go to hereforthegirls.org/run to register for the event; registration ranges from \$25 to \$45, depending on which distance is chosen. Participants can either run or walk any of the races. Runners not able to attend the event in person can sign up for a virtual run – with or without a team. The 10K is a Colonial Road Runners event. All virtual participants will receive their shirt, medal, and bib after November 1.



Participants at the 2018 Run for the Hills. High res photo available upon request.

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Here for the Girls, Inc., is a 501(c)(3) improving the lives of young women affected by breast cancer. We do this through in-person support groups (a support service we call Beyond Boobs!) across Virginia and in select locations in North Carolina, Florida, and Texas; we also support young survivors across the country through our private, online support community (a support service called Pink Link).

For more information, visit us at hereforthegirls.org