



NEWS RELEASE
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VIRGINIA 10 MILER ANNOUNCES YMCA TRAINING PROGRAM

“This is a tremendous opportunity to properly train for the Virginia 10 Miler and Virginia 4 Miler, support our local YMCA, achieve your race day goals and stay motivated!”

– Jeff Fedorko, Race Director

Lynchburg, VA – The Genworth Virginia 10 Miler is pleased to announce a training program for event participants. Presented and led by the YMCA of Central Virginia, the program aims to help beginner and intermediate participants of the Genworth Virginia 10 Miler, Virginia 4 Mile Run, and Virginia 4 Mile Walk reach their fitness goals. Participants must be 15 years of age or older to participate and registered for the Genworth Virginia 10 Miler, Virginia 4 Mile Run, Virginia 4 Mile Walk or Virginia 10 Miler Relay.

Certified trainers of the YMCA of Central Virginia will lead this 11 week program. Practices will be offered twice per week beginning Wednesday July 18th and Saturday July 21st. Groups will meet for approximately 90 minutes, Wednesdays evenings (6:30pm) at the Jamerson YMCA and Saturday mornings (7:30am) at the Downtown YMCA and have use of either YMCA facility for the duration of the program. Registration and additional information can be found at <https://runsignup.com/Race/Store/VA/Lynchburg/Virginia10Miler>

Training team member benefits include:

- Personal guidance from a team of experienced coaches
- 11 week training program
- Organized practices up to twice per week (Wed. & Sat.)
- Use of the YMCA for the duration of the program

The 45th running of the Genworth Virginia 10 Miler will take place Saturday September 29, 2018. More than 5,000 entrants from 20 states and 5 countries plan to participate in either the Virginia 10 Miler, Virginia 10 Miler Relay, Virginia 4 Miler, Virginia 4 Mile Walk and the Amazing Mile Children’s Run. This festival of races offers an opportunity for all abilities and ages to participate. It remains one of the most competitive races on the east coast and has the reputation as “the race” where “Southern Hospitality Meets the Road.” The event is organized by the Lynchburg Road Runners and has been selected by the RRCA as a State Championship for 2018.

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The Lynchburg Road Runners is a non-profit 501(c)(3) organization dedicated to promoting the development and enjoyment of the sport of running in the Lynchburg community.