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For Immediate Release

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YMCA Teens Run with the River to Fight Obesity

Tampa, FL (Jan. 28, 2015) – Young, driven teenagers are on a mission to stop the cycle of obesity and promote healthier lifestyles in the Tampa Bay area. To help raise awareness, the Tampa YMCA Teen Leaders' Club is hosting a "Run with the River" 5K next month on **Saturday, Feb. 28th at Hillsborough River State Park**.

The proud tradition of the YMCA Teen Leaders Club began in Boston, Massachusetts in 1885. Today there are hundreds of Leaders Club programs throughout the country. The Tampa Metropolitan Area YMCA is proud to offer the program to local teens to provide the ultimate experience in teen leadership and individual success. Focused on leadership development, service to others and physical fitness, Teen Leaders' Club give students, in grades 7 – 12, the opportunity to meet new people, build new relationships, learn valuable skills and get involved in the community.

What: Run with the River – Teen Leaders 5K

When: Saturday, Feb. 28th; check-in: 8:00 a.m. / run starts: 9:00 a.m.

Where: Hillsborough River State Park, 15402 U.S. 301, North Thonotosassa, FL 33592

Registration: www.tampaymca.org/leaders5k
\$20 to sign up; \$5 discount to those who register by Feb. 3 with coupon code "YMCA" - All proceeds go toward the Teen Leaders' Club.

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About the Y

The Tampa Metropolitan Area YMCA is a cause-driven 4-star charity and one of the area's leading nonprofits, strengthening Hillsborough and East Pasco communities through youth development, healthy living and social responsibility. Across the Association, 19 facilities engage more than 167,000 men, women and children — regardless of age, income or background — to nurture the potential of children and teens, improve our community's health and well-being, and provide opportunities to give back and support neighbors. The Tampa Y has long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. www.tampaymca.org