

Riding With Courage  
Event Press Release  
**Marathon**  
10/6/09



On Saturday November 14th Josh Courage will be hosting a custom designed 26.2 mile run through the streets of Washington, DC to promote his charity event *Riding With Courage*. The run will begin at 7:30 am from Balance Gym Thomas Circle (111 14<sup>th</sup> Street NW Washington, DC) and make it's way through scenic DC. Aid stations will be strategically placed every five miles at locations that include both DC lululemon athletica locations, Balance Gym Dupont, and The Running Company. The run will end at Balance Gym Thomas Circle, where there will be an after-party with food, refreshments, music and sponsor booths.

All wishing to participate in the run will be asked to donate at least \$1 per mile they run. Other forms of donations will be accepted as well with 100% of all proceeds will go to the *Children's Miracle Network*.

The run is a promotional event for *Riding With Courage*, a 30-day bicycle ride across America that will begin in San Francisco, CA on April 1, 2010, and finish over 3000 miles later in Washington, DC. The event is meant to promote health and fitness in Children and educate them on the effects of a sedentary lifestyle. The goal is to raise as much money as possible for the *Children's Miracle Network*, a company focused on supporting Children's Hospitals around the country.

Josh Courage is a Fitness Expert based out of Washington, DC who has always enjoyed challenging himself by testing his physical and mental limits through activity. He is now dedicating himself to supporting activity in others through being extremely active himself. He knows that helping Children get up and be active will help the future generations change the ever increasing health problems and obesity rates that have characterized America for many years.

Please visit these websites for more information:

[www.RidingWithCourage.wordpress.com](http://www.RidingWithCourage.wordpress.com)

(Find details on all events, online donation opportunities, course maps and more)

[www.JoshCourageTraining.com](http://www.JoshCourageTraining.com)

(Find info on Josh Courage's company, blog, pictures, videos and much more)