

For Immediate Release: March 28, 2012
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RUN / WALK FOR FREEDOM 5K TO BENEFIT BRIDGE TO FREEDOM FOUNDATION

Fairfax, VA -- March 28, 2012 -- On Saturday, April 28, 2012, at 9 AM, runners from all over the DC metro area lace up their running shoes to help support victims of modern-day slavery.

The race starts and finishes at Fletcher's Cove (4940 Canal Road NW) on the C&O Canal Towpath.

Run / Walk For Freedom 5K benefits Fairfax-based Bridge to Freedom Foundation (BTFF), who assists survivors via its Personal Development Program and Research and Evidenced Based Programming.

BTFF (www.bridgetofreedomfoundation.org) was founded in December 2008 to bridge gaps in information and services that hinder the growth of survivors of modern slavery. BTFF works to enhance and improve the opportunities available to survivors of modern slavery. BTFF accomplishes this by connecting for-profit corporations, community groups, educational establishments and the general public. The cornerstone of BTFF's work is its support to survivors in the form of personal and professional development. BTFF, a 501(c)3 nonprofit organization, is currently 100% volunteer led and 100% donor supported.

For more information contact: PO Box 2492, Merrifield VA 22116; Phone: 703-256-5718; info@BTFF.org

The race's main sponsor is Foundation Fitness, with centers in DC and Virginia.

"BTFF is excited to partner with Foundation Fitness to demonstrate the power of both the corporate sector and individual community members in the fight to combat modern slavery. Foundation Fitness is not only setting an example for other local and national companies to partner with anti-slavery organizations, such as BTFF, to leverage their resources to provide in-kind donations and develop partnerships to fight this crime against humanity, but also sharing with us a commitment to personal development such as that in which we seek to achieve through the many health and nutrition workshops we are continuing to develop." said Cassandra Clifford.

Timing the race is Safety And Health Foundation. Race sponsors include:

- American Plant Food
- Balducci's
- Circa Sixty Three
- Georgetown Running Company
- Pampillonia, creators of fine jewelry
- Pop Chips
- ProBar
- Dr. Stuart Ross, DDS

To sponsor Run / Walk For Freedom 5K, please contact race organizer Elizabeth McClure at 202-617-5708 or elruffin@me.com

Race Details:

Date: Saturday, April 28, 2012
Time: 9:00 AM
Location: Fletcher's Cove, 4940 Canal Road NW, Washington DC
On-line Registration: <http://www.safetyandhealthfoundation.org/20120428>
Entry Fees: \$30 by March 31, \$35 by April 12, \$40 by April 27

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