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**FOR IMMEDIATE RELEASE**

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**CRIM FITNESS FOUNDATION AND COMPLETE RUNNER TO HOST CRIMFIT REGISTRATION DAY  
The Crim and Complete Runner to Offer Discounts and Savings for Adult Training Program Registrants**

**(FLINT, MI)** – The Crim Fitness Foundation and Complete Runner are teaming up to assist community members in registering for the 15-week CrimFit Adult Training Program that has prepared thousands of runners and walkers for the famous HealthPlus Crim Festival of Races.

Runners and walkers of all skill levels are invited to Registration Day from 10 am to 2pm Saturday, March 22 at Complete Runner, 915 S. Dort Hwy n Flint. Those who sign up during Registration Day will receive \$10 off their selected training program, a \$10 coupon to Complete Runner and a free Crim Fitness Foundation gift.

May through August, participants train for the HealthPlus Crim Festival of Races event of their choice in groups with runners and walkers who have similar training goals and skill levels. The groups meet with a Crim-trained group leader once a week to run or walk in various locations throughout the county in which they are registered.

“The training program is very unique. Not only do our staff here at the Crim want to see people succeed, but the group leaders and group members become invested in the people in the training groups and they want to see each other cross that finish line – almost as badly as they want to finish the race themselves. That is an amazing support network, whether it’s your first race or thirtieth race,” said CrimFit Program Director Erin Lamb.

In addition, participants receive a training schedule specific to their race selection and skill level, free entry to the HealthPlus Crim Festival of Races, two vouchers to local races, 6 passes to the University of Michigan – Flint Recreation Center, weekly emails from the Crim Fitness Foundation and updates from their group leaders. At the end of the summer, training program participants are invited to celebrate their accomplishments with all the participants.

The Crim Fitness Foundation cultivates accessible, vibrant communities in Flint and Genesee County, encouraging people to lead healthy lifestyles with the integration of physical activity, healthy eating, and mindfulness into their daily lives. From the HealthPlus Crim Festival of Races with its legendary 10 Mile race, to school and summer youth programs, to advocating for green spaces and safe walking and biking pathways, the Crim helps residents be active and healthy all year long. For more information, visit [www.crim.org](http://www.crim.org).