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CRIM YOUTH SUMMER RUNNING CLUBS RECEIVES \$20,000 GRANT

Crim Fitness Foundation Earns Donations, Matching Grant from Dick's Sporting Goods Fundraiser

(FLINT, Mich) – Thanks to the generous donations of Genesee County residents, the Crim Fitness Foundation received \$20,000 through Sports Matter, an online fundraising campaign hosted by Dick's Sporting Goods. The Crim Fitness Foundation raised \$10,000 through community donations, resulting in a \$10,000 matching grant from Dick's Sporting Goods. The funds will be used to offset the cost of the CrimFit Summer Running Clubs for youth throughout Genesee County, including several in Flint.

“This community has been extremely supportive of the Crim over the years and this is a great example of how important health, safety and youth development is to the people in Genesee County,” said Program Manager Ryan Sitko.

In the city of Flint, 38 percent of families live below the poverty line compared to 14 percent nationally. Children living in poverty are at high risk for obesity. For more than 20 years, the CrimFit Kids Summer Running Clubs have provided children a safe, affordable place for youth to be healthy, active and engaged in a summer of play.

“This program gives kids and their families an opportunity to be active in a way that they may not have otherwise. The kids get to be part of a team and make new friends, while being active and learning healthy habits. It's something that sticks with kids forever,” said Sitko.

The Summer Running Clubs focus on fun and fitness while providing a place for children to be active under the mentorship of trained adult leaders. Students not only run or walk for 10 weeks during the summer, but they build social skills and healthy habits that last a life time. The emphasis throughout the summer is that physical activity is fun and contributes to living a healthy life. Mid-summer, the children and their families celebrate their experiences during Family Fun Night and at the end of the summer is the culminating event, the Kids Invitational, which includes quarter, half and 1 mile events.

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.

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