

## **Crim Fitness Foundation Announces New Board Members**

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The Crim Fitness Foundation has announced the addition of three new members to its Board of Directors. Laura Fletcher of Flint, Harvey Lee of Fenton and Ginger Virkler of Fenton Township officially joined the Crim at the Board's March meeting.

Foundation Chair Mark Yonan welcomed the new members, calling their selection a direct result of the Board's desire to continue the Crim's strong tradition of visionary leadership and guidance. "Laura, Ginger and Harvey bring a dynamic new perspective," said Yonan, "they represent the quality of leadership that has guided the Crim's 31 year evolution from a one-day road race to a multi faceted entity providing year round access to fitness for the entire community and beyond."

Fletcher, a long time runner and fitness enthusiast, is a Flint native and holds a Bachelor of Arts in Business administration from the University of Michigan. She is an associate Broker with ReMax Real Estate, is a member of the Flint area Association of Realtors, Michigan Hunter Jumper Assn, and ReMax of Michigan Sales Advisory Council.

Lee is a lifelong resident of the Flint area, graduating from Kearsley High School and Michigan State University school of Communications. He is owner of Total Benefit Systems, an employee benefit company based in Mundy Twp.

Virkler, an avid competitive walker, is Marketing Manager of The Flint Journal, and currently serves as Chairperson of the Salvation Army Advisory Board and is chair-elect of the Fenton Regional Chamber of Commerce. She holds a Bachelor of Science degree from Shippensburg University.

The Crim Festival of Races was begun in 1977 by Michigan Speaker of the House Bobby Crim and has evolved into one of the largest and

most respected running events in the nation. Twelve years ago the Crim adult training program was introduced, allowing adults at virtually any level of fitness to prepare to participate in a Crim event on race day. In 2005 CrimFit, a web-based year-round fitness program began, offering special incentives and access to area fitness centers and running stores.

Currently, Crim youth programs serve thousands of elementary age youngsters in schools and neighborhoods throughout Genesee County. Last spring a \$500,000 grant from Ruth Mott Foundation allowed the Crim to begin a three-year program introducing the CrimKids Running Clubs into all City of Flint elementary schools and two middle schools.