

**THE WELLNESS COMMUNITY OF PHILADELPHIA'S (TWCP)  
FIFTH ANNUAL "RACE FOR RECOVERY AND WELLNESS WALK"**

**PRESS RELEASE \* PRESS RELEASE \* PRESS RELEASE \* PRESS RELEASE**

FOR IMMEDIATE RELEASE  
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**THE WELLNESS COMMUNITY OF PHILADELPHIA'S  
FIFTH ANNUAL "RACE FOR RECOVERY AND WELLNESS WALK"  
SUNDAY, SEPTEMBER 29, 2002 IN FAIRMOUNT PARK**

**Warm-Up Led by Philadelphia Inquirer Fitness Columnist and Honorary Chair Art Carey and Running Enthusiast  
and TWCP Participant Jim Shea; Entertainment by  
Media Sponsor B101-FM and Children's Activities with Please Touch Museum**

(PHILADELPHIA, PA) - **The Wellness Community of Philadelphia (TWCP)** is pleased to announce its Fifth Annual "Race for Recovery and Wellness Walk" to be held on Sunday, September 29, 2002 at 9:00 a.m. This 5K (3.1 miles) Race and 1 mile Wellness Walk raises funds to support **TWCP's** free programs of support, hope and education for people with cancer and their loved ones. The race and walk will take place at **The Wellness Community of Philadelphia** on Chamounix Drive in West Fairmount Park, Philadelphia.

Registration begins at 7:30 a.m. and will be followed by a warm-up with Philadelphia Inquirer Fitness Columnist and Honorary Chair Art Carey and running enthusiast and **TWCP** participant Jim Shea; both served in this capacity at the Fourth Annual Race/Walk. The Race will begin at 9:00 a.m. and the Walk at 9:05 a.m. A brief awards ceremony recognizing the top 3 male and 3 female overall winners, as well as the top male and female in each age group (14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 and over), will begin at 10:15 a.m. immediately following the race. Race teams are welcome, and friends and family are invited to enjoy the beautiful grounds and light refreshments. Registration for individuals, which is \$25, is discounted by \$3 if postmarked by September 25. The fee is \$100 for teams of 5 and \$175 for teams of 10.

B101-FM will provide music, giveaways, and an appearance by Buzzbee, the B101-FM mascot. Please Touch Museum will provide free activities for children. All participants will receive a complimentary race T-shirt and other goodies. Please call (215) 879-7733 for more information or register on-line at [www.twcp.org](http://www.twcp.org).

**The Wellness Community of Philadelphia** thanks the many sponsors who have helped make this event possible: *Benefactors:* AAMCO Transmissions, Sports Challenge™, and Stephen Frishberg and Family Race Fund; *Booth:* Citizens Bank Philadelphia Marathon 2002; *Contributors:* GlaxoSmithKline, Able Imaging & Wellness, Commerce Bank and The Iron Shop; *T-Shirt:* HSA Corporation, Floors USA, and Morgan Marshall Industries, Inc. Special thanks to NBC 10 and Raymour & Flanigan Furniture for their promotional support of the Fifth Annual "Race for Recovery and Wellness Walk."

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The mission of **The Wellness Community of Philadelphia** is to help people with cancer and their loved ones enhance health and well being by providing a free professional program of psychological support, education and hope. For more information, please call **The Wellness Community of Philadelphia** at (215) 879-7733, (888) 819-3553.