



Hospital Hill Run Foundation Awards \$10,000 Grant to WIN KC

Funds to help expand Camp WIN in 2016

KANSAS CITY, MISSOURI, USA, June 2, 2016 /EINPresswire.com/ -- The Hospital Hill Run Foundation is pleased to announce it will present a \$10,000 grant to WIN for KC on Thursday, June 2 at the Hospital Hill Run's VIP reception. WIN for KC, an organization focused on promoting the lifetime value of sports and fitness for women and girls, will use the funds to help fulfill its strategic goal to expand Camp WIN this year.

Over the course of four days, Camp WIN introduces girls from across the greater Kansas City community to a variety of sports and fitness activities, as well as WIN for KC's owned and developed curriculum LIVE ACTIVE. Focusing on a new life skill each day, including but not limited to respect, goal setting, determination and leadership, campers walk away with the skills that translate both on and off the field.

"For young girls, the benefits of participating in sports extend well beyond physical fitness," said Lisa Diven, director of WIN for KC. "Girls that participate in sports perform better in school, have higher levels of self-esteem and are more likely to develop into strong leaders in the business world. When girls participate in sports, the entire community benefits and unfortunately still far fewer girls participate in sports than boys. It is not because of lack of interest; it is a lack of exposure. Camp WIN exposes girls to 16 sports so that every girl can find her thing. The grant from the HHR Foundation will allow us to grow Camp WIN to ensure more girls in our community have the opportunity to experience the benefits of sports."

"We are proud to continue what we started last year with the creation of the Hospital Hill Run Foundation to promote active and healthy lifestyles in our great community," said Hospital Hill Run President, Mike Walden. "Our events have been a fixture in Kansas City since 1974, and it is important for us to work with and support organizations that reinforce the importance of fitness and health. WIN for KC's work to engage and empower young women, to deliver life skills training, and to encourage them to try new things through sports makes it an ideal recipient for this year's grant."

What began in 1974 with 99 athletes paying a \$1.00 registration fee to run a 6.8-mile course starting and ending in Crown Center has evolved into an event that regularly hosts upwards of 7,000 athletes over two days and three different course distances. The 2016 event will be the 43rd annual race; a race Runner's World magazine has touted before as one of the top 25 road races in the United States, taking place on Friday and Saturday, June 3 – 4, 2016. The event includes three distances, the UMKC School of Medicine 5K on Friday night, followed by a 10K and a half marathon on Saturday morning. Those who wish to challenge themselves further can compete in both the 5K on Friday night and either the 10K or half marathon on Saturdays, called the Hospital Hill Run Re-RUN. All events begin and end on Grand Boulevard directly in front of Crown Center. Also included in the weekend is a two-day health and fitness expo taking place at the Crown Center Exhibit Hall, a Pasta Party at Milano, and a post-race party open to all. For more information regarding Hospital Hill Run, go to www.hospitalhillrun.com

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