

SECOND ANNUAL 'SWIM LESSONS = SKILLS FOR LIFE 5K' A SUCCESS

Event raised \$2,450 for YWCA Bergen County's Make a Splash initiative

HACKENSACK, N.J. – October 20, 2012 – More than 150 runners and walkers gathered at United Water's Harrington Park headquarters on Oct. 13 to support the YWCA Bergen County during its second annual Swim Lessons = Skills for Life 5K Run/Walk event. The event raised \$2,450 to benefit the YWCA's "Make a Splash" initiative to provide free swim lessons for underserved children.

"We would like to thank all of the participants, volunteers and generous sponsors who helped make the second annual Swim Lessons = Skills for Life 5K Run/Walk event such a huge success," said Helen Archontou, CEO of YWCA Bergen County. "In addition to raising awareness as to the importance of swim lessons, this year's event also raised valuable funds that will provide more than 19 eight-week swim lesson sessions to children in our community."

Beautiful fall weather provided a picturesque backdrop for race participants, who traversed United Water's private grounds surrounding the Oradell Reservoir. The course's five miles of serene trails were dotted by seasonal colors, and challenged both novice and seasoned runners and walkers alike. Race day kicked off with a pre-race warm-up led by YWCA fitness instructor Deanna Schneider. The day's events also included a kid's walk/run for younger participants, along with food, face painting, prizes, goody bags and music provided by radio station WPLJ.

Complete race results are posted on Elite Racing Systems' Website at www.eliteracingsystems.com. Out of more than 150 participants, the Swim Lessons = Skills for Life 5K Run/Walk's first place male and female runners were overall winner Jose Veras with a time of 17 minutes, 31 seconds and Alyssa Becker, who finished the race in 26 minutes, 30 seconds. Everyone who crossed the finish line enjoyed burritos courtesy of Chipotle and ice cream from Ben & Jerry's. Event sponsors included United Water, PNC Bank, New York Life and Bob's Discount Furniture.

YWCA Bergen County offers American Red Cross-certified swim lessons for every age and swim level, and is a local partner of "Make a Splash," a national child-focused water safety initiative created by the USA Swimming Foundation with the goal that all children learn to swim. To date, more than 1.2 million kids have received the life-saving gift of swim lessons through its Local Partner network, comprised of more than 500 qualified lesson providers across the nation.

About YWCA Bergen County

YWCA Bergen County is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all. We are the area's largest provider of child care services, a recognized leader in health and fitness programs, and operator

of healingSPACE, the county's only Sexual Violence Resource Center. Celebrating nearly a century of commitment to our community, today we improve the lives of thousands of women, girls, and their families. For more information, visit www.ywcabergencounty.org.

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