



**February 2010**

**FOR IMMEDIATE RELEASE**

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**BODY TECH FITNESS to Host FREE Running/Walking Club**

Body Tech Fitness is hosting a Free Running/Walking Club beginning Saturday, February 27, 2010. "We will meet each Saturday at 9am to join our neighbors for a run / walk along the scenic D&R canal towpath", says owner and general manager, Kendra Lelie of Body Tech Fitness in Lambertville, NJ. The Run/Walk Club Leader, Marty Suresh, is a personal trainer at Body Tech Fitness and an experienced runner. Marty finished the New York Marathon in 2009 just over 3 hours, which qualified him to run the Boston Marathon. Marty is currently training for the Boston Marathon and is beginning a special 6 week running program starting Monday, March 1<sup>st</sup> at Body Tech Fitness called "Setting the Pace" to help runners reach their individual running goals.

Gene and Kendra Lelie, owners of Body Tech Fitness have their own personal goals to work towards as they train for the San Diego Rock n'Roll Marathon in June in support of The Leukemia and Lymphoma Society with the Team in Training. They are working to run the marathon along with raising awareness and money for this worthy cause. The Run/Walk club is an inspiration and a motivator to join the community for a weekly event in Lambertville's beautiful backyard. "The support and camaraderie of neighbors will help us achieve our goals in San Diego", says Gene.

Body Tech Fitness will host the Free running/walking club at 9am each Saturday beginning February 27<sup>th</sup>. Snacks and refreshments will be provided at the end of each workout in the Body Tech Fitness lounge.

The Team in Training organization has been raising money for The Leukemia and Lymphoma Society since 1988 and just hit the \$1 billion mark in funds that go to support research and care for blood cancer patients and survivors. To learn more about the Team in Training program, log onto [www.teamintraining.org](http://www.teamintraining.org). Body Tech Fitness also created a special website link to donate to The Leukemia and Lymphoma Society by supporting Gene and Kendra Lelie. Log on to [www.LoveMyBodyTech.com](http://www.LoveMyBodyTech.com) to make a donation.

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Body Tech Fitness is located at 80 Lambert Lane, Lambertville New Jersey. (Located 2 minutes off the free New Hope Lambertville Bridge). Call 609.397.6900 for any additional information or visit our website at [www.LoveMyBodyTech.com](http://www.LoveMyBodyTech.com).