



Fit2Endure
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www.Summit40.com

About Summit40

Dr. Alan Brock, founder of the Austin-based non-profit Fit2Endure, will make a 40 day, 896 mile charity run in the summer of 2007 to bring awareness to the national child obesity epidemic. All net proceeds from the run will go to YouthInterACTIVE (www.youthinteractive.org) and Dell's Children's Medical Center of Central Texas.

Brock's one-man charity run will begin in Austin, TX on July 11th and end on August 19 when Brock joins the grueling Pikes Peak Marathon on his last stretch.

Dr. Brock's Story

In November 2001, at the age of 39, Alan Brock's life fell apart. Depressed and lethargic, he turned to food for comfort. By October 2004, his weight had climbed to 287 pounds, a full 109 pounds above his normal weight. As a minister, he knew where to turn for help. The answer came in a still, small voice... "Get up and run".

He entered a local health management program, and within four months, he had dropped enough weight to finish his first 5K run. By August 2005, he had returned to his pre-depression weight of 178 pounds and finished the infamous Pikes Peak Marathon.

Several months later, he started Fit2Endure, a faith and fitness ministry. Brock's desire is to help people to "live alive." He firmly believes that physical fitness directly impacts every facet of one's life.

About Fit2Endure

Fit2Endure is a 501(c)(3) non-profit. The organization serves as a unique community resource by offering seminars, which provide motivational tips on how to create a healthy lifestyle.

Childhood Obesity: An Alarming Reality

According to recent research compiled by the Mayo Clinic, the past two decades have seen a doubling in the number of overweight American children and a tripling of overweight teenagers.

The National Center for Health Statistics has revealed that in the U.S. alone 15 percent of preschool children are obese, 19 percent of children ages 6-11 are obese and 17 percent of adolescents 12-19 are obese, creating an increased risk factor for cardiovascular disease, gastrointestinal and pulmonary problems, as well as psychological disorders such as depression. The increase in health care costs as well as the mortality rate associated with obesity, according to the surgeon general, may exceed those associated with smoking.

Summit 40 Cities/Dates

Lampasas, TX	July 13	Amarillo, TX	August 1
Lometa, TX	July 14	Dumas, TX	August 3
Goldthwaite, TX	July 15	Kenton, NM	August 8
Brownwood, TX	July 16	Kim, CO	August 10
Abilene, TX	July 19	Fountain, CO	August 17
Anson, TX	July 20	Colorado Springs, CO	August 18
Aspermont, TX	July 22	Pikes Peak, CO	August 19
McAdoo, TX	July 25		

*Dates are approximate.

Principal Charities

Youth InterACTIVE and Dell's Children's Medical Center of Central Texas.

"I had the privilege of meeting Alan when he invited me to speak at the Austin Runner's Club last year. I was awestruck by his spirit and determination. With every footstep Alan takes he will inspire our youth to do the same. It's not about the finish line. It's all about the journey. I salute Alan's efforts."

*Bart Yasso, CRO Chief Running Officer,
Runner's World*