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FOR IMMEDIATE RELEASE

**DEAN KARNAZES & KARNO KIDS FOUNDATION AWARD GRANT TO
GIRLS ON THE RUN**

SAN FRANCISCO, CA, January 15, 2007 – The Karno Kids Foundation, an organization founded by endurance athlete and best-selling author Dean Karnazes to encourage youth to get outside and become physically active, today announced it has awarded \$20,000 to Girls on the Run. Karnazes has been involved with Girls on the Run since 2005 when his 10-year old daughter participated in the Girls on the Run program.

“Through my daughter, Alexandria, I have experienced first-hand how effective these programs are in instilling confidence in young girls and encouraging them to develop healthy lifestyles,” says Karnazes. “I look forward to our ongoing commitment to this wonderful cause, and to watching the girls’ smiling faces as they cross the finish line.”

“The generous support of Karno Kids will enable us to strengthen our presence in the community and positively affect the lives of girls in greatest need,” says Carey Wintroub, Executive Director of Girls on the Run San Francisco. “Dean’s remarkable journey continues to inspire adults and adolescents alike to set ambitious life goals— the perfect complement to the mission of Girls on the Run.”

Author of the bestseller, *“Ultramarathon Man: Confessions of an All-Night Runner,”* Karnazes recently completed The North Face Endurance 50, running 50

marathons, in 50 states, in 50 consecutive days. As a finale to this incredible achievement, he then ran from New York City to the place where the first of the 50 marathons began, St. Louis, Missouri. The run covered nearly 1,300 miles and Karnazes stopped along the way to talk to schools and youth about the importance, and fun, of physical activity. For more information on Karnazes, The North Face Endurance 50, and Karno Kids, visit www.ultramarathonman.com.

Girls on the Run San Francisco is a 501(c)(3) non-profit that educates and builds confidence in girls ages 8 to 14 through non-competitive, curriculum-based running programs in San Francisco, Alameda, Contra Costa, and San Mateo Counties. More than 500 girls participate in Girls on the Run programs in the Bay Area each year. Founded in 2002, Girls on the Run San Francisco is a local chapter of Girls on the Run International based in Charlotte, North Carolina. For more information visit www.gotrsf.org.

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