

Endorphin Fitness  
8910 Patterson Ave.  
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**Endorphin Fitness to Help Raise Money  
For Citizens Against Crime, At-Risk Youth Programs**

**Richmond, VA, Feb. 9:** Endorphin Fitness – Richmond’s endurance athlete source for customized training, the latest technology, and nationally ranked coaches – today announced it is raising money for youth programs sponsored by Citizens Against Crime. Endorphin Fitness is collecting donations at the Grand Opening of its state-of-the-art Endurance Center on Saturday, February 25, 2006. The first Championship Indoor CompuTrainer Cycling Races in our region take place during the event.

“We are excited to be involved with Citizens Against Crime and their youth programs,” said Michael Harlow, a nationally ranked triathlete and owner of Endorphin Fitness. “Engaging at-risk youth in recreational activities helps them develop leadership skills and deters their involvement in crime.”

The money raised during the event will be used to purchase BMX bikes, which are slated for at-risk youth programs. “New BMX bikes will be a great addition to our camp program,” said Rick Tatnall, Executive Director for Citizens Against Crime. “Offering at-risk youth an opportunity to add to their life experiences at camp expands the foundation for their hopes, dreams and aspirations.”

During the Grand Opening of Endorphin Fitness, the first Championship Indoor Cycling Races in our region will take place on CompuTrainers. Professional athletes who used this training technology won thirteen of the qualifying races for the 2005 Ironman World Championship.

The riders with the best qualifying times will compete in the main event, which consists of three finals: Youth 10K Race, Adult Men 20K Race, and Adult Women 20K Race. Call 804-741-1599 to register for the cycling time trials. Donations for Citizens Against Crime will be accepted during the time trials as well.

For a full schedule of the Grand Opening, visit <http://www.endorphinfitness.com>.

### **About Endorphin Fitness**

Founded in January 2005, Endorphin Fitness provides adult and youth endurance athletes with individualized programs that enhance race performance as well as the athlete's quality of life. Michael Harlow is the head coach and owner of Endorphin Fitness. Eleven qualified, passionate coaches holding certifications with USA Triathlon, USA Track & Field, USA Cycling, ACSM, and NCSA join him. Harlow is passionate about the sports he loves and has been competing in running events since the age of eight and racing triathlons since the age of ten. He is currently ranked in the top 6% of triathletes in the nation for his age group. Endorphin Fitness is located at 8910 Patterson Avenue, Richmond, VA. For directions please visit: [www.endorphinfitness.com](http://www.endorphinfitness.com).

### **About Citizens Against Crime**

Community Activist Alicia Rasin founded Citizens Against Crime (CAC) in 2002. The CAC Mission is "To significantly reduce crime in Richmond, particularly violent crime; to attend to the victims of crime and its effects on our lives and our community; and to foster mutual respect for Richmond's cultural and ethnic diversity and for peace and love in our neighborhoods." For more info on CAC, please contact Executive Director Rick Tatnall at 804-355-3417.

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