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**FOR IMMEDIATE RELEASE**

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**Fit Fest returns in 2022 with 5K run/walk, bike rides and bike rodeo**

HUNTINGTON –The City of Huntington and Greater Huntington Park and Recreation District will host Fit Fest 2022, an event to celebrate the life of Dr. Paul Ambrose and to raise funds to maintain and expand the Paul Ambrose Trail for Health (PATH), on Saturday, Sept. 10, at Ritter Park.

The rain-or-shine event will include a 5K run/walk organized by O Such Tri-State Race Planners, a 10-mile bike ride on the Paul Ambrose Trail for Health, a bike rodeo for children that will teach bike skills and safety through a fun obstacle course, and kids’ activities through the Huntington YMCA.

All kids’ activities, the bike ride and bike rodeo are free. Registration for the 5K run/walk is $25 before Sept. 9 and $30 on the morning of the event. Registration for the 5K run/walk is available at <https://tristateracer.com/FitFest5K>. Registration for a virtual 5K run/walk component is available at <https://tristateracer.com/VirtualFitFest5K>.

The schedule for the event is as follows:

* 8 a.m.: day-of registration for the 5K begins
* 9 a.m.: 5K begins
* 10 a.m.: 5K awards ceremony and moment of remembrance
* 10:05 a.m.-12:30 p.m.: kids’ activities (bike rodeo and YMCA activities)
* 10:30 a.m.: 10-mile bike ride on the PATH

The bike rodeo will give kids and new riders an opportunity to practice safe bicycling habits with obstacle courses and challenges to build skills while having fun. The 10-mile, all-levels bicycle ride will highlight sections of PATH and take riders from Ritter Park through the West End along the levee trail and back to Ritter Park. The City of Huntington also will sell vintage bicycle license plates for $1 and provide information about the PATH.

Fit Fest is a celebration of healthy activities in the vision of Dr. Paul Ambrose’s legacy in the community, and a fundraiser for the maintenance and expansion of the Paul Ambrose Trail for Health. Dr. Ambrose received his medical degree from Marshall University and dedicated his life to improving health outcomes and fighting obesity. In 2008, the Paul Ambrose Trail for Health trail system was dedicated in his honor.

“We are excited to expand on last year’s event and bring back the Fit Fest 5K,” City Planning Director Breanna Shell said. “As we reflect on the anniversary of 9/11 and Dr. Ambrose’s passing, we hope that this event will pay tribute to Dr. Ambrose and his passion for improving health outcomes as the City works toward long-term plans for trail maintenance.”

For more information about Fit Fest 2022, including sponsorship opportunities, please contact planningdept@huntingtonwv.gov or call Shell or Janney Lockman at 304-696-5540, option 3.

Updates about the event also are available at [www.cityofhuntington.com/residents/paul-ambrose-trail-for-health/fit-fest/](http://www.cityofhuntington.com/residents/paul-ambrose-trail-for-health/fit-fest/) or [www.facebook.com/paulambrosetrail](http://www.facebook.com/paulambrosetrail).

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