

# eliminating racism empowering women

ywca press release

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FOR IMMEDIATE RELEASE

## 22<sup>nd</sup> ANNUAL LADY WHITE ROSE 5K COMING SOON

*Sponsored by Apple Hill Podiatry*

York, PA, March 26, 2010-Time is running out to sign up for the original all-female 5k run in York County. The 22<sup>nd</sup> Annual Lady White Rose 5k will take place on Saturday, April 17<sup>th</sup> beginning 9:00AM at YWCA York. Walkers are welcome. All proceeds will benefit YWCA York. The Lady White Rose 5k is sponsored by Apple Hill Podiatry with support from Flying Feet Sport Shoes, Moving Comfort and Brooks. For more information, contact Tara Neff at 717-845-2631 ext. 131, [tneff@ywcayork.org](mailto:tneff@ywcayork.org) or visit the YWCA York online at [www.ywcayork.org](http://www.ywcayork.org).

Founded in 1858 and headquartered in Washington, D.C., the YWCA is a women's membership movement whose mission is to eliminate racism and empower women. Strengthened by diversity, the YWCA draws together members who strive to create opportunities for women's growth, leadership and power to attain a common vision: peace, justice, freedom and dignity for all people. The YWCA represents approximately 2 million women, girls and their families in the United States and 25 million women worldwide. The YWCA has more than 300 associations throughout the United States. The World YWCA is at work in more than 100 other countries. For information about the YWCA or local YWCA associations, visit our website, [www.ywca.org](http://www.ywca.org).

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