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**National Girls and Women in Sports Day Celebration at NTC**

**Clermont, Fla.** – The National Training Center will host a 3K Run/Walk to celebrate the 26<sup>th</sup> Annual National Girls and Women in Sports Day on Saturday, February 4, at 9:00 a.m. at the NTC Track and Field Complex.

“The NTC wanted to create a fun family event that exposes girls to sports and fitness and encourages them to get involved in a sport or physical activity they enjoy,” commented Carol Kneller, Manager of Sports Medicine, Sports Performance and Youth Fitness Programs. “Throughout all of our youth programming, we teach that lifelong healthy habits start when children are young and with a family that is active so this is a perfect opportunity to continue that message.”

National Girls and Women in Sports Day was created by the National Girls and Women in Sport Coalition and began as a day to remember Olympic volleyball player Flo Hyman for her athletic achievements. Since then, the event has evolved into a day of acknowledgement of past and current sports achievements by girls and women and a way to continue to encourage equal opportunity and participation in sports by girls and women. This year’s theme is “Title IX at 40: In it for the Long Run!” Forty years ago, when Title IX was enacted, only one in 27 girls in high school participated in athletics. Today, that ratio is one in three.

The walk will start and finish at the NTC Track and the course will go through the NTC Cross Country Trail. The cost to participate is \$10 per family for pre-registration and \$20 per family for same-day registration. To register or for more information, please visit [usantc.com](http://usantc.com) and look under events or see the NTC Front Desk. Please contact Mary Beth Reed with questions at 352.241.7144, ext. 4244 or email, [mary.reed@orlandohealth.com](mailto:mary.reed@orlandohealth.com).

The National Training Center offers numerous girl-focused programming that encourage strong body, minds and spirits for girls including the NTC Girls Club and Girls and Moms on the Move.

The National Training Center, part of South Lake Hospital, is a state-of-the-art sports complex that includes a 70 meter x 25 yard heated outdoor pool, multipurpose fields, 400 meter outdoor track and field complex, 37,000 square foot fitness center, cross country course, human performance lab, group fitness classes, private Pilates studio, events department, sports performance and coaching, softball/baseball complex and massage. The NTC offers community fitness memberships and a wide variety of youth programming and is also open to visiting athletes and teams. For more information on the NTC, please visit [www.usantc.com](http://www.usantc.com) or call 352.241.7144.