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FOR IMMEDIATE RELEASE

“ULTRA-MARATHON MAN” DEAN KARNAZES & THE KARNO KIDS

FOUNDATION AWARD GRANT TO GIRLS ON THE RUN

SAN FRANCISCO, CA, January 15, 2007 – The Karno Kids Foundation has awarded \$20,000 to Girls on the Run San Francisco to support ongoing programs that benefit young girls in the Bay Area. Dean Karnazes, internationally recognized endurance athlete and bestselling author, founded Karno Kids to support, encourage, and motivate fellow youth to get outside and become physically active. Karnazes has been a member of the Girls on the Run Board of Directors since 2005 when his 10-year old daughter participated in the program.

“Through my daughter, Alexandria, I have experienced firsthand how effective these programs are in instilling confidence in young girls and encouraging them to develop healthy lifestyles,” says Karnazes. “I look forward to another successful season and the girls’ smiling faces as they cross the finish line.”

“The generous support of the Karno Kids Foundation will enable us to strengthen our presence in the community and positively affect the lives of girls in greatest need,” says Keri Gardner, 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 has run 350 miles without rest, swum across the San Francisco Bay, run a marathon to the South Pole, mountain-biked for 24-hours straight, and won the 2004 Badwater Ultramarathon, considered, ‘The World’s Toughest Footrace.’ Karnazes most recently completed 50 marathons, in 50 states, in 50 consecutive days. As a finale to this incredible achievement, he then ran home to San Francisco from New York City. For more information, visit www.ultramarathonman.com.

Girls on the Run San Francisco is a 501(c)(3) nonprofit 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, NC. For more information about Girls on the Run San Francisco, visit www.gotrsf.org.

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