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**FOR IMMEDIATE RELEASE**



**4.2 MILER**

**SEPTEMBER 3, 2022**

**NEWFOUND LAKE, NH**



## **13TH ANNUAL "RUN YOUR BUNS OFF" 4.2 MILER**

Get those running/walking shoes ready because it's time to Run Your Buns Off again! That's right, on Saturday, September 3, 2022, we hope to see our Newfound community turnout again for what has become a Labor Day tradition for residents and vacationers alike.

In its 13th year, runners and walkers will leave from Basic Ingredients Bakery located on Rt. 3A in Bristol to "run their buns off" for a 4.2 mile professionally timed run/walk. The reward for your hard work... a homemade sticky bun will be waiting for you at the finish line!

Hosted by the Newfound Area Charitable Fund, the Run Your Buns Off race committee is happy to announce that again this year, we have selected to partner with the NH Food Bank as our race beneficiary by hosting a mid-winter mobile food pantry in Bristol which delivers food for over 250 local families. Last February's event was a tremendous success and we cannot wait to assist those in need again with this year's race proceeds.

Audrey Goudie, NACF President and co-founder of the race, stated "We are incredibly proud that since the first Run Your Buns Off race was held in 2009, they have given back \$93,550 to worthy causes and programs in our community. It is truly amazing when we sit back and realize that this fun little hometown event is entering its thirteenth year, and we are hoping to exceed the \$100,000 mark after this year's event!"

"This year we are happy to be holding our event in person again and we are honored and excited to be collaborating with the NH Food Bank for our third year to help provide an abundance of food to those who may be dealing with hardships," says Garlyn Manganiello, NACF Vice-President and co-founder of the race.

The NACF Board was established for the purpose of assisting local charitable groups and causes that promote wellness, fitness, health education, and activities in the Newfound region. Individual runners, walkers, and teams of all ages are encouraged to participate. The top 3 male and female runners, as well as the fastest team, will be awarded prizes. We will host our large prize raffle and the one accommodation we will continue to implement for purposes of reducing the large crowds, and making race day morning far more manageable, we are requiring all participants pre-register this year to avoid long lines and crowding the morning of the event. All participants will receive 2022 race swag upon completion of the event and a Basic Ingredients sticky bun! We hope you will consider joining us for this Labor Day weekend community event.

You can register for the Run Your Buns Off 4.2 Miler online at [bit.ly/rybo2022](https://bit.ly/rybo2022). For businesses interested in becoming a sponsor of the event, please email [runyourbunsoff@gmail.com](mailto:runyourbunsoff@gmail.com) or contact Garlyn Manganiello at 603-744-6035.