

FOR IMMEDIATE RELEASE

Navy Federal 5K Race Raises \$20,000 for Local Families
Proceeds Donated to Community for Helping Others

Vienna, Va. (September 26, 2012) – [Navy Federal Credit Union](http://www.navyfederal.org) held its 20th annual 5K Run/Walk September 15, with a record 836 registered contestants, a 22% increase from last year. The race was open to the general public, with participants coming from as far as Richmond, Va., to run or walk the 3.1 mile course throughout Vienna. Cutler Dawson, president and CEO of Navy Federal, kicked off the sunny, crisp Fall day festivities with a welcome speech thanking all attendees and stressing the importance of the company’s philosophy of actively helping those in our local communities.

Proceeds, which totaled \$20,000, were donated to the Committee for Helping Others, a Vienna, Va. charity that provides food and clothing to area families in need. Navy Federal also collected clothing and shoe donations from race participants throughout the day.



Navy Federal 5K race participants

The first three male and female finishers overall and the top two male and female finishers in seven age categories received trophies. A record number 245 Navy Federal employees participated, including Cutler Dawson. This number marks the largest ever in race history. “To see this event in its 20th year with such an increase in turnout is a testament to the positive momentum of community service,” said Dawson.

Navy Federal’s Fitness Center, managed by L&T Health and Fitness (L&T), coordinated the event. Fifty-five Navy Federal and L&T employees volunteered time to ensure a smooth, safe, fun race. “The Navy Federal 5K event gets bigger and better every year and we are proud to be part of it,” said L&T president, Susan T. Liebenow.

About Navy Federal Credit Union

Navy Federal Credit Union is the world’s largest credit union with \$50 billion in assets, four million members, 224 branch offices, and more than 10,000 employees worldwide. The credit union serves all Department of Defense military and civilian personnel and their families. For additional information about Navy Federal, visit www.navyfederal.org.

About L&T Health and Fitness

L&T has over 28 years’ experience providing fitness management, health promotion services, instructor training, and facility design and consulting services to individuals and organizations nationwide. With 50 fitness/health promotion centers in 13 states plus the District of Columbia, L&T’s fitness and wellness centers serve a combined population of over 75,000 employees and community members. For more information about L&T Health and Fitness, visit www.LTwell.com.

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