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FOR IMMEDIATE RELEASE

## **Navy Federal 5K Raises \$20,000 for Local Charity**

*Proceeds Donated to Committee for Helping Others*

**VIENNA, Va. (October 22, 2013)** –[Navy Federal Credit Union](http://www.navyfederal.org) held its 21<sup>st</sup> annual 5K Run/Walk October 5, with over 800 registered participants and 60 volunteers. The race was open to the general public, with some coming from as far as New York City, to run or walk the 3.1-mile course in Vienna, Va. Proceeds, which totaled \$20,000, were donated to the Committee for Helping Others, a local charity that provides food and clothing to area families in need.

“We want to thank all those who participated in the 21<sup>st</sup> annual Navy Federal 5K. This event is special because it helps us to become an integral part of the communities in which we serve,” said Cutler Dawson, Navy Federal President/CEO. “Supporting the Committee for Helping Others helps us support our local families.”

Navy Federal’s Fitness Center, managed by L&T Health and Fitness (L&T), coordinated the event. Sixty Navy Federal and L&T employees worked together and volunteered their time to ensure a safe and fun race. “The Navy Federal 5K event raises money for a cause we believe in and we are proud to be a 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 \$54 billion in assets, 4 million members, 235 branches, and a workforce of over 11,000 employees worldwide. The credit union serves all Department of Defense and Coast Guard Active Duty, civilian, and contractor personnel and their families. For additional information about Navy Federal, visit [www.navyfederal.org](http://www.navyfederal.org).

**About L&T Health and Fitness:** L&T has over 29 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](http://www.LTwell.com).

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