



**FOR IMMEDIATE RELEASE**

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## **Navy Federal's 5K Race Raises \$20,000**

Donation to Committee for Helping Others will help local families.

**VIENNA, Va. (December 18, 2009)** – The 17th Annual Navy Federal Credit Union 5K Run/Walk drew 566 runners and walkers on a 3.1 mile course throughout Vienna, Va. The race began and ended at Navy Federal's campus where Sammie the Sea Otter (mascot); the GEICO® Gecko; and cheering crowds awaited.

Trophies were awarded to the first three male and female finishers and the top two male and female finishers in seven age categories. The first place male finisher crossed the finish line in 17:44 minutes; the top female finished in 20:29. Over 100 Navy Federal employees and family members competed in the race which was the largest number of employees in race history.

Navy Federal's Fitness Center, managed by L&T Health and Fitness, coordinated the race. Sixty-two NFCU and L&T employees volunteered their time to ensure a smooth, safe and enjoyable race. Proceeds from the race, which totaled \$20,000, was donated to the Committee for Helping Others, a Vienna, Va. charity that provides food and clothing to local families in need.

### **About Navy Federal Credit Union**

Navy Federal Credit Union is the world's largest natural person credit union with \$40 billion in assets, 3.4 million members, 180 branch offices, and 7,100 employees worldwide. The credit union serves all Department of Defense military and civilian personnel and their families. For additional information about Navy Federal, visit [navyfederal.org](http://navyfederal.org).

### **About L&T Health and Fitness**

L&T has over 25 years experience providing fitness management, health promotion services, instructor training, and facility design and consulting services to individuals and organizations nationwide. With 45 fitness/health promotion centers in 10 states plus the District of Columbia, L&T's fitness and wellness centers serve a combined population of over 65,000 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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**Pictured: Cutler Dawson, Navy Federal's President and CEO (left) presents \$20,000 check to Committee for Helping Others.**



**Pictured: A few race participants.**



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