



News Release

OFFICE OF THE COUNTY EXECUTIVE

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County Executive Molinaro Joins Miles of Hope in Special Lunchtime Walk for Breast Cancer Awareness

More than 40 people joined Dutchess County Executive Marcus J. Molinaro and City of Poughkeepsie Mayor John Tkazyik to support Miles of Hope's "preview" walk around the City of Poughkeepsie today to spotlight the upcoming **10th Annual Community Walk for Breast Cancer** on September 30th, Miles of Hope's flagship fundraiser. Residents and employees in the downtown Poughkeepsie area pulled out their walking shoes to enjoy a 1K lunchtime walk that began and ended at the Poughkeepsie City Hall.



City of Poughkeepsie Mayor John Tkazyik (front, left), County Executive Marc Molinaro (center) and Miles of Hope Executive Director Pari Forood (front, left) in a preview walk in downtown Poughkeepsie today for the upcoming Miles Hope Annual Community Walk on September 30th.

"Exercise is an important factor in lessening the impact of cancer, heart disease and diabetes," said County Executive Molinaro. "Miles of Hope has made physical activity a key element in their fundraising events, reminding all of us of the benefits of exercise on our overall health. Today's walk shows how easy it is to schedule exercise into your workday as a way to reduce the risk of breast cancer as well as other cancers and disease."

The preview walk was designed to encourage people to get involved in the upcoming **Community Walk for Breast Cancer** which will be held on Sunday, September 30th at James Baird State Park in Pleasant Valley, NY, starting at 9:00 a.m. The Walk is 5K in distance, with a shorter garden walk available for those not able to complete the 5K. The registration fee is \$25 per adult. Kids under age 12 walk free with a paying adult. Dogs on a leash are welcome. To learn more about the Miles of Hope Community Walk for Breast Cancer and to register, visit the Miles of Hope website at milesofhope.org.

"Every major cancer research organization from the National Institutes of Health to the American Cancer Society and the Centers for Disease Control and Prevention have announced that exercise and maintaining optimal body weight are essential to lessening the incidence of cancer including breast cancer," said Miles of Hope Executive Director Pari Forood. "At Miles of Hope, we give people the chance to get into shape with us by participating in one of our events: Hoops for Hope Women's Basketball Tournament, Family Fun Run, Goals for Hope Women's Soccer Tournament and on September 30, at James Baird State Park, the Community Walk for Breast Cancer."

City of Poughkeepsie Mayor John Tkazyik said, "The Miles of Hope Breast Cancer Foundation plays an integral role for those in the Hudson Valley. While there are many organizations devoted to the breast cancer cause, concentrating on the need for awareness and fundraising for those in our own community is extremely important. I am proud to stand with County Executive Molinaro in promoting The Miles of Hope Breast Cancer Foundation's cause and know that we must continue the fight against breast cancer right here in the Hudson Valley."

The Miles of Hope Breast Cancer Foundation was established in 2004 to fund support services for people fighting breast cancer in the Hudson Valley. Miles of Hope hosts numerous fundraising events throughout the year including the Annual Community Walk for Breast Cancer. To learn more, visit their website www.milesofhope.org

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