



FOR IMMEDIATE RELEASE

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HPTC TO SPONSOR HERITAGE HALF MARATHON & 5K RUN

Haymarket Physical Therapy & Chiropractic named presenting sponsor of Heritage Half Marathon on October 3rd in Gainesville, VA.

Gainesville, VA—August 3, 2010—Haymarket Physical Therapy & Chiropractic (HPTC) has signed on as presenting sponsor of the Heritage Half Marathon & 5K Run in Gainesville and Haymarket, VA on October 3, 2010. “We are so thrilled with this opportunity to support health and fitness in our area, and provide a top-level event for the competitive racing community,” shared HPTC practitioner Dr. Holly Moriarty, DC. “By sponsoring the race, we can also help families whose lives have been touched first-hand by cancer.” All proceeds from the half marathon and 5k race will benefit the Owen Lea Foundation to battle neuroblastoma, a childhood malignant tumor found in nerve tissue.

Haymarket Physical Therapy & Chiropractic’s expertise in sports medicine will be put to good use. Race coordinators note that “athletes will benefit from the vast information HPTC will provide not only leading up to the race, but during the Expo and Post Race as well.” Dr. Moriarty recently returned from serving as a sports chiropractic volunteer at the U.S. Olympic Training Center in Colorado Springs, CO. She also was selected by Washingtonian Magazine as a 2010 Chiropractic Top Expert in Sports Medicine.

Heritage Half Marathon and 5k

The Heritage Half Marathon is likely to provide a fast run on this slightly rolling course offering scenic views of the Blue Ridge Mountains. The timing and general location make it a perfect race for athletes preparing for the Marine Corps Marathon. Medals will be awarded for the top three male and female runners overall, as well as Masters and Age Group medals, Teams and Relay Divisions. Those who would prefer a shorter distance can take part in the 5k run which follows the same route for the first 1.55 miles. Due to its flat terrain, the Heritage 5k is perfect for families and runners considering their first distance race. Organized groups of 10 or more are invited to take part in Team Fitness Motivation. Walkers and runners of all abilities are encouraged to form a team, get in shape, and help each other accomplish the half marathon.

Race Expo Features Taping Demos and Massage Therapy

Runners can pick up their race packet at the Heritage Race Expo on October 2nd from 10 – 4:00 p.m. in Heritage Plaza in Gainesville, VA. The event will feature a multitude of vendors.

Athletes are encouraged to stop by the HPTC booth for kinesiology therapeutic taping demos and massage therapy treatments. Complete information about this exciting event is available at the Heritage Half Marathon website at www.heritagehalfmarathon.com.

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Dr. Holly Moriarty lectures on a variety of topics, including injury prevention, muscle strengthening, modern rehabilitation techniques for athletes, sports and rehabilitation for the upper extremity, lower extremity and spine, and nutrition. She has co-authored a book on the treatment of injuries, and chiropractic universities have engaged her in teaching their students. Dr. Moriarty has mentored other chiropractors by educating them on how to model her multi-disciplinary approach in their own practices.

Haymarket Physical Therapy & Chiropractic's state-of-the-art facility is located at 14535 John Marshall Highway, Suite 203 in Gainesville, VA 20155. In addition to sports medicine, the practice also provides full service physical therapy services, chiropractic care, strength & conditioning, acupuncture, and massage therapy services. HPTC can be reached by calling (703) 753-0974 or by visiting its website at <http://www.haymarketphysicaltherapy.com>. Most insurance plans are accepted.

The Owen Lea Foundation exists to provide support to families Living with Neuroblastoma. A 501(c)3 nonprofit organization founded in Virginia by the parents, friends and family of Owen Scott Lea. With Owen's guidance from Heaven above, we continuously reach out to any and all families who have a child living with Neuroblastoma. To find out more go to their website at: <http://www.owenleafoundation.org>.