



Communications Office  
Media Advisory  
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### **Running for a Cause**

*Kevin Bracy is running his first marathon to support Grant Union High School and the greater Del Paso Heights Community*

After speaking at a fundraising event for Grant Union High School in the summer of 2010 and again in 2011, Kevin Bracy was motivated to make a personal contribution to building a community fitness center in the heart of Del Paso Heights. In June, Bracy made a tough decision to begin a grueling training schedule and run his first marathon for the Sports Health Academy and a state-of-the-art fitness center on the campus of Grant Union High School!

The Sports Health Academy at Grant Union High School is in its third year of operation, but is in dire need of a facility for teaching and learning. Dramatic cuts to education funding have greatly impacted school facilities and the outdated equipment and weight room at Grant were literally falling apart. Because of generous donations the work has begun...but three-quarters of a million dollars is still needed to complete the first phase.

Public Health Advocacy reports that during the past three decades, the prevalence of overweight young people in the United States more than doubled among adolescents 12 to 19 years old. Children and adolescents who are overweight have a greater risk of developing Type 2 diabetes mellitus, asthma, and orthopedic problems; they are more likely to have risk factors for cardiovascular disease and they are more likely to have behavioral problems and depression.

Grant students, families, and members of the Del Paso Heights community would greatly benefit from a fitness center on the Grant campus, considering the nearest commercial fitness center is five miles away. Plans are being developed to have the fitness center open to the public once the second phase is complete.

**Students from Grant Union High School will be lining the California International Marathon route on December 4 to cheer for Bracy, in this, his first full marathon attempt.**

Learn more about Bracy's journey, read his training blog, or make a donation at [www.running4grant.com](http://www.running4grant.com).

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*Additional information about Grant Union High School and the Twin Rivers Unified School District can be found online at [www.twinriversusd.org](http://www.twinriversusd.org).*