

Press Release

For Immediate Release

Tuesday, April 09, 2013: Mayor Blair Milo announced today that “Fitness Friday” is back! The first Fitness Friday of 2013 will take place this Friday, April 12th, with a new starting time of 5:15pm on Michigan Avenue in front of the YMCA.

The Fitness Friday program was started last year as an opportunity to participate in a weekly 5K walk/run in downtown La Porte. This year the program has expanded to include cycling routes of six (6) and eleven (11) miles in and around La Porte. Attendance cards to track your participation will be available each Friday, you can receive a free t-shirt if you participate in 10 or more Fridays. In addition, numerous local businesses will be offering discounts to participants.

Fitness Friday is being sponsored by the City of La Porte, the IU Health La Porte Hospital, the La Porte County Family YMCA and new this year, General Insurance Services and the La Porte Savings Bank.

Mayor Milo stated, “ I am very excited to get our Fitness Friday off and running again this year. I am especially pleased to be able to offer the option of cycling, we will still have the 1, 2 or 3 mile walk/run on Michigan. I feel like this a great opportunity for everyone in the community to get out and walk, run or cycle La Porte. I want to welcome our two (2) new sponsors, General Insurance Services and La Porte Saving Bank and thank all of our sponsors including the La Porte County YMCA and IU Health La Porte Hospital. I invite everyone to join us on Friday afternoons through October 11th for some fun, fellowship and a little exercise.”