



May 4, 2018

**FOR RELEASE: IMMEDIATELY UPON RECEIPT**

**Contact:** Lizzy Peper, Senior Marketing Manager, Charm City Run  
**Phone:** O: (410) 561-3570  
**Email:** Lizzy@charmcityrun.com

## **FREE TRAINING OFFERED TO ALL PARTICIPATING IN THE MERCY BALTIMORE WOMEN'S CLASSIC 5K**

**Baltimore, Md.** – For the first time in the Baltimore Women's Classic's long history, registered runners and walkers can train with Charm City Run for the 5K race at no cost. Usually priced at \$30, the program gives women the chance to prepare for race day in an encouraging group atmosphere with experienced coaches. The opportunity to train for free is supported by presenting race sponsor New Balance.

The Mercy Baltimore Women's Classic 5K (BWC) will be held on Sunday, June 24 at Rash Field in Baltimore. As the largest all women's 5K in the Mid-Atlantic region, this race draws nearly 3,500 walkers and runners, many of who will be participating in a race for the first time.

"Our BWC 5K training program gives hundreds of women the encouragement, support and knowledge they need to confidently cross the finish line in June. New Balance's support allows us the opportunity to reach more women and include them in this community of runners trying to accomplish something they never thought was possible. There is truly nothing like training alongside others trying to reach the same goals," says Kelly Maurer, Charm City Run Training Director.

Charm City Run BWC 5K Training starts the week of May 15 and groups will meet once a week at 12 locations across Maryland for six weeks. All levels and paces are welcome to participate, from beginner walkers to intermediate runners. In addition to weekly practices, the program includes running education, weekly training plans and a discount at Charm City Run retail locations. Those interested can learn more and register at [www.baltimorewomensclassic.com](http://www.baltimorewomensclassic.com).

**About Charm City Run** [www.charmcityrun.com](http://www.charmcityrun.com)

Charm City Run is a Running & Walking Specialty company that is committed to fitting every customer in the "right" shoe. There are 8 retail store locations around Maryland, including a dual-concept running and lifestyle boutique in Belvedere Square. The shops also offer training programs for distances from 5K to ultramarathon. Charm City Run Events times and manages more than 120 races per year.

###