



For Immediate Release, October 28, 2016

PRESS RELEASE: PT with the TROOPS 5K Fun Run/Walk

Looking for a way to get over the post-holiday blues, get an early start on that resolution you made to be more active, and honor those who serve our country in a unique way?

Come join in this Brotherhood Trust & Love Challenge and connect with deployed Siouxland troops in a unique way on January 10, 2017. PT with the TROOPS is a co-located 5K Fun Run/Walk event that includes local event registrants "running with" service members who are participating from their deployment duty station.

FAQ's

1. **What is PT?** PT is military jargon for Physical Training. And, at this event, you'll be doing PT with deployed soldiers from Siouxland.
2. **What does "co-located 5K Fun Run/Walk" mean?** During this event, members of a deployed unit will be running a 5K at the exact same time as participants will be running (or walking) it...right here in Siouxland...and indoors at the Robert E. Dunker Student Center at Western Iowa Tech Community College. Start times for both locations are 5:00 am and 9:00 pm, respectively.
3. **In what unique way will I be able to connect with a deployed service member?** When you register, you'll be matched up as a "Battle Buddy" with a participating deployed service member. You'll get a chance to send your Battle Buddy a personalized "Dear Joe Letter" and you will both be wearing the same "uniform" (a special event t-shirt) as you complete your 5K mission together.
4. **Why are we doing this at such a late hour?** The participating service members have volunteered to serve our country and their unit has an important mission. That mission requires them to make the personal sacrifice of being away from home and family, for us. Our intent is to connect with and support them without interrupting their important mission. So, while we can't be where they are, we're going to sacrifice a couple of hours of couch or bed time to complete this very small mission with them.
5. **How can I register?** Individuals, families, and groups can register online beginning November 1, 2016 at: <https://www.eventbrite.com/e/pt-with-the-troops-5k-fun-runwalk-registration-28506566909>, or go to Eventbrite.com and search for "PT with the Troops". Adult registrations are \$45.00 (Early-Birds can save \$10 by registering before 12/01/16), Children can participate in the 5K for free or their parents can upgrade them for \$20.00. All paid registrations include: 5K participation, t-shirt, Battle Buddy match up, and Dear Joe Letter.
6. **Where will the net proceeds from this event go?** This event is a partnership between Brotherhood Trust & Love and Siouxland Freedom Park. Some of the net proceeds will go to fund BT&L's startup as a nonprofit organization. All remaining net proceeds will go to fund Siouxland Freedom Park.
7. **How can we support this effort?** Individuals or groups wishing to volunteer can contact us at: 605-670-0192 or Support@GoBoomLife.com. We will accept donations up until the completion of the event and corporate sponsorships until 12/01/16. Donations and sponsors commitments can be made on the Eventbrite event page.

Brotherhood Trust & Love creates long-term transition success for Veterans & Military Families through mutually beneficial personal, professional, and community relationships.

Siouxland Freedom Park is dedicated to the men and women who have served and sacrificed in the name of freedom and all who cherish their precious gift.

For more information, please contact Tom Eakin at Brotherhood Trust & Love:

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