



ALMADEN VALLEY
ATHLETIC CLUB

FOR IMMEDIATE RELEASE

AVAC HOSTS TURNINGWHEELS FOR KIDS FUNDRAISER

Event Addresses Health Concerns and Helps Provide New Bicycles to Underprivileged Kids

SAN JOSE, Calif. – May 7, 2007 – Almaden Valley Athletic Club (AVAC), the Bay Area's premier, award winning family facility that offers total health, fitness and wellness programs for all ages, will host a fundraiser to benefit TurningWheels for Kids on May 19, 2007, at the Club in San Jose. In keeping with its commitment to promote healthy lifestyles, AVAC has partnered with TurningWheels for Kids, an organization that encourages active lifestyles among underprivileged children to enrich their lives through exercise. AVAC aims to assist the organization's efforts to provide 1,534 bicycles to children this year.

AVAC will host two, two-hour spinning sessions on the Club's outdoor swimming pool deck. Sessions will be conducted by AVAC's certified spinning instructors and choreographed to a live music DJ. A \$50 dollar donation will buy one of 40 seats available for each session.

"We are extremely honored to host this event to benefit TurningWheels for Kids," said Joe Shank, co-founder and owner of AVAC. "For more than 30 years, AVAC has given back to the community in countless ways and each year we seek to help educate the public about organizations whose efforts help enrich the lives of community members. TurningWheels for Kids is the ideal organization for AVAC to partner with as it encourages children to live healthy lives through exercise."

"Partnering with an athletic club to help provide underprivileged children with exercise equipment makes sense," said Sue Runsvold, TurningWheels for Kids founder. "I am aware of the health issues surrounding our children and share AVAC's commitment to promoting healthy and active lifestyles. I am thrilled that AVAC has offered to host this fundraiser and provide much needed assistance to the TurningWheels for Kids organization."

The event will take place on Saturday, May 19, 2007. The first spinning session is from 7:30 a.m. – 9:30 a.m., and will be followed by a second session at 10:00 a.m. – 12:00 p.m. All participants

receive an event T-shirt, and food provided by Gunther's Restaurant and Catering, Hobees, Los Garcia's and Round Table Pizza. Other sponsors include Joe Shank, Almaden Press, ADJ Promotions, and DJ Jeff. Participants are encouraged to bring guests and seek sponsorships.

The Almaden Valley Athletic Club is located at 5400 Camden Avenue in San Jose, CA. For more information about AVAC, visit www.avac.us. For more information about TurningWheels for Kids, visit www.turningwheelsforkids.org.

About the Almaden Valley Athletic Club

The Almaden Valley Athletic Club (AVAC), is the Bay Area's premier, award-winning family facility that offers total health, fitness and wellness programs for all ages. AVAC's resort-style facility features luxurious amenities, Pilates, swimming, tennis and social activities as well as a 1,500 square-foot ChildCare facility with play-to-learn activities. The 6,000 square-foot Fitness Center offers the latest workout equipment with Cardio Theatre as well as MicroFit assessment. Certified personal trainers offer one-on-one training and certified fitness instructors teach a variety of group classes. AVAC houses its own 1200 square-foot STOTT PILATES™ studio and operates four certification sites, dba Northern California STOTT PILATES Certification Centers. AVAC offers a retractable roof teaching pool for year-round swimming lessons and a 25-yard outdoor swimming pool. Winner of the coveted USTA Club of the Year award, AVAC hosts numerous tennis programs on its 11 lighted tennis courts. AVAC is home to the largest Bay Area Senior Wellness program fostering senior fitness with workshops, seminars, group exercise classes and social events. For more information, please visit www.avac.us.

About TurningWheels for Kids

TurningWheels for Kids works with several local charities and this year has set a goal to present 1,534 bikes. The organization enjoys partnerships with the Santa Clara County Medical Center Foundation, Pediatric Lifestyle Modification Clinic at Valley Medical Center, San Jose Fire Department and San Jose Homeless Shelter, among others. These organizations help draw children outdoors and address issues such as Juvenile Type II Diabetes and high blood pressure directly related to childhood obesity. Turning Wheels for Kids is a 501(C3) organization and all contributions are tax-deductible. For more information, please visit www.turningwheelsforkids.org.

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