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West Point to Host 5K Event for the First Time Since 2001 *Open to the Public – Registration Available Online*

West Point, NY (June 29, 2004) West Point's Army Morale, Welfare and Recreation (MWR) organization has teamed up with General Nutrition Corporation (GNC) to bring the "River to Redoubt 5K" (R2R5K) to the military community and the general public on August 28, 2004. This annual event, hosted at historic West Point for more than a decade, was postponed until now due to heightened security following the September 11, 2001 attacks.

"This is the first time we are able to offer this event in almost three years," says MWR director Anthony Brown. "We are very excited about bringing the West Point 5K back to our community."

Interested participants should register online at www.Active.com. Select the event search option and enter keywords "West Point" or "R2R5K." The first 500 online registrants will receive an event t-shirt. Prizes will be awarded by category, and currently include medals, trophies and commercially sponsored gifts. Refreshments will be provided to runners at the finish line.

Race start time is 8am on August 28th. Participants should enter West Point through Thayer Gate off of the West Point Highway. The course is an uphill challenge. The race begins at sea level along the Hudson River and ends at an elevation of 975 feet.

The registration fee for the R2R5K is \$15 per individual or \$40 per team of 3 until August 20. Proceeds from the event will be donated to West Point MWR programs designed to support Soldiers and their families. The event is open to the general public.

"We hope all Americans in the West Point community, as well as surrounding communities, will take part in our effort to support United States Soldiers and their families," says Brown.

Morale Welfare and Recreation (MWR) provides worldwide support to Soldiers their families, and the Army community. In conjunction with local and corporate sponsorship, MWR supports multiple leisure programs and recreational activities that provide active-duty Army, reserve, retired military personnel and their families with 'quality of life' programs. Such programs enhance retention, readiness, and mental, physical and emotional well being of service members. MWR is a non-profit organization.

For more information, visit West Point MWR online at: www.usma.edu/dcfa

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