

#BostonStrong<city>

PavementRunner.com

Grassroots Runs Launch in Over 80 Cities with 2,500+ Participants Worldwide

OAKLAND, April 19, 2013 – Pavement Runner, an award-winning running blog (pavementrunner.com) launches #BostonStrong, a grassroots “A Run for Boston in Your City” global campaign. The worldwide series of runs is taking place a week after the 117th Boston Marathon. Supporters from anywhere can run however many miles to demonstrate their love of the sport and most importantly their love for the fallen and the wounded. #BostonStrong has spread to over 80 cities with over 2,500 participants. To run and to read more, see <http://pavementrunner.com/boston-strong-city/>

The running campaign was launched out of the chaos of the Boston Marathon bombing with reader’s request to join Pavement Runner (Brian Kelley) in San Francisco a week following the Boston Marathon. It was a simple request and within 48 hours over 150 people signed up to join him. This ignited interest nationwide and today there are over 80 cities participating, over 2,500 runners around the globe running between 3-4 miles in support and remembrance on Monday, April 22, 2013 at 6:00PM.

The official purpose for this global event is to have:

A run for us to unite and show our strength.

A run for those that were unable to finish.

A run for those that may never run again.

A run for us to try and make sense of the tragedy that has forever changed something we love.

“I feel like I need to do something. Something more than a donation. Something more than [a blog post](#) or a photo or a graphic,” said Brian Kelley, Pavement Runner. “I’m inspired by the community and how we have come together and shown our support, shed our tears and expressed our fears. With a simple look at your Facebook page, a refresh of your twitter feed or scroll through Instagram and you can **SEE** the love. With #BostonStrong we **FEEL** the love.”

The San Francisco event will be held:

Location: Crissy Field, San Francisco

Date: Monday, April 22, 2013

Time: 6:00PM

Distance: 3-4 miles

Facebook Event Page: [RSVP here](#)

For more information on this global event and to find a city and run near you please visit:

<http://pavementrunner.com/boston-strong-city/>

Twitter: <https://twitter.com/#!/pavementrunner>

Facebook: <http://www.facebook.com/runpavementrunner>

Instagram: <http://instagram.com/pavementrunner>

Pinterest: <http://pinterest.com/pavementrunner/>

YouTube: <http://www.youtube.com/user/pavementrunner>

Google+:

<https://plus.google.com/u/0/101823921832165036704#101823921832165036704/posts//p/pub>

About Pavement Runner

Pavement Runner (pavementrunner.com) is an award-winner blog written by Brian Kelley about his life as a runner – ranging from 5ks to ultra-marathons. He is a father, husband, pop culture enthusiast and writes his posts with a pinch of humor. Some of his awards include Best Overall Running Blog 2012 by #RunChat; Top 10 Fitness Blogs for Summer by Shareaholic and Top 50 Fitness Bloggers by KRED.

For More Information Contact:

Brian Kelley

pavementrunner@gmail.com