



*"Reach victory through hard work, discipline and respect for self and others."*

**FOR IMMEDIATE RELEASE**

**Runners with BWSF Ties Lace Up for the Penn Relays Carnival:  
*Chanel L. Lattimer, Esq. and Amira Warrick Prove the Joy of Running is Ageless***

(Philadelphia, PA April 2016) Running is fun for all ages. Lady track and field athletes with Black Women in Sport Foundation backgrounds are living proof as they bring the heat to the 2016 Penn Relays Carnival. BWSF Executive Board Member, Chanel L. Lattimer, Esq., and former BWSF Coach/Mentor Amira Warrick, will be participating in the Penn Relays Carnival, taking place April 28-30, 2016, at Franklin Field, Philadelphia, PA.

For Lattimer, an Associate Attorney, Intellectual Property Department at Cozen O'Connor, this is her third decade of competition at the Penn Relays. "I ran in the Penn Relays in high school and in college and now in corporate...3 decades of running," said Lattimer.

She does it because it's been a positive experience for her, one that she wants to share. "I got my law firm to sponsor a team last year and again this year," said Lattimer. "I've always had a great experience at the Penn Relays and felt it would be a great experience for my colleagues."

Lattimer will be competing in the 2016 Corporate Distance Medley Relay (DMR) Championship of America as part of the Cozen Team, the Cozen O'Connor Champions. Her teammates are **Megan Feehan, Mark Vacha and Chris Boyle**. This year, 32 teams will compete in the DMR.

For 31 years, teams of business and industry professionals have assembled at Franklin Field for the DMR. The DMR — comprised of legs of 1,200, 400, 800 and 1,600 meters — gives older athletes who are determined to stay in shape, devoted to track and field, and love to run the chance to demonstrate their hard work. Penn has recognized and honored the hard work and commitment of the corporate track athletes by holding this Corporate DMR event. Lattimer will run the 800m leg of the DMR for her team. Her heat will be held Friday, April 29, 2016 at 7:40PM.

On the opposite end of the race-time-continuum, Warrick is coaching a team making its first appearance at the Penn Relays. Warrick, a **Madeline Kountze Dugger-Kelly** Scholarship Awardee from BWSF, is the track coach for the relays newbies, the Henry Lea Middle School Track Team. **Warrick** is also coaching at Freire Charter High School, the girls will be running 4x100m. **Warrick** is the Young Quakers After School Sports Instructor and Coach.

If anyone wants to pick up running, Lattimer offers sound advice and safety tips. "Training is definitely the hard part. I train in the winter when it's cold and work full-time. I will do general exercise, cardio and weight lifting. Toward the end of February, I'll start doing track on weekends leading up to the race. It's very different from training in college when you run on a daily basis," said Lattimer. "Now it's more about quality over quantity."

Safety first! Lattimer stressed that it's important to do a lot of stretching—especially if you're older-- and to wear proper shoes. "Running can put a lot of stress on the body. Take it slow at first. Stay warmed up—keep on your layers until the last minute possible so you're not getting cold," said Lattimer. "Pay attention to your surroundings and just enjoy it. It's a lot of fun!"

“Running is a great way to stay active whether you’re doing it competitively or not,” said Lattimer. “For me, (running in the Penn Relays) is a fun and enjoyable opportunity to put on my track outfit and run with colleagues. The crowd is great! They’re very knowledgeable about the sport. (If you’re competing), have a really good time!”

The Penn Relays is the oldest and largest track and field competition in the United States, hosted annually since April 21, 1895 by the University of Pennsylvania at Franklin Field in Philadelphia, Pennsylvania. For more information on the Penn Relays Carnival visit [www.ThePennRelays.com](http://www.ThePennRelays.com).

Established in 1992, the Black Women in Sport Foundation (BWSF) is a nonprofit organization whose mission is to increase the involvement of black women and girls in all aspects of sport, including athletics, coaching and administration. BWSF’s work, however, is not limited to black women and girls, enrolling girls and boys in programs conducted throughout the city of Philadelphia and surrounding areas. For more information about BWSF, visit: [www.blackwomeninsport.org](http://www.blackwomeninsport.org).

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