



**A healthy obsession**

## **Harbor Fitness September 11<sup>th</sup> Memorial Run and Dog Walk**

**For Immediate Release—May 2008.** On Sunday May 18<sup>th</sup> runners, walkers and even dogs joined Harbor Fitness and the Brooklyn Road Runner's Club for its annual September 11<sup>th</sup> Memorial Run.

This year's event was in memory of Joseph John Hasson III, who lost his life in the World Trade Center. Joseph was a fun loving, charismatic, young man from Bay Ridge Brooklyn. He was a wonderful husband to his wife Mary, and a loving father to his son and name sake "little Joe".. Joseph was a son any parent would be proud of as well as being a big brother like no other. His friends and family miss him dearly.

Fitness enthusiasts congregated in front of Harbor's Bay Ridge gym, then ran and walked up Fourth Avenue and down by the water to raise money for the **Intrepid Fallen Heroes Fund**, which provides support for the families of military personnel lost in service to our nation, and for severely wounded military personnel and veterans.

Attendees were given gifts and the dogs were pampered with lots of goodies from Fins, Furs 'n' Feathers who sponsored the dog walk. The Kettle Black opened its doors to participants for a post-race party and awards ceremony.

With locations that are open 24 hours in Bay Ridge and Park Slope. Brooklyn, **Harbor Fitness** offers a wide variety of group fitness classes such as spinning, kickboxing, yoga and pilates. Both locations offer free child care and the latest in cardio and strength training equipment. For more information visit [www.harborfitness.com](http://www.harborfitness.com) or contact our clubs Bay Ridge- 718-238-9400 located at 9215 Fourth Avenue, or Park Slope-718-965-6200 located at 191 15<sup>th</sup> Street (Park Slope).

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***We are the best part of a member's day...every day***

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**Bay Ridge 9215-Fourth Avenue - Brooklyn, NY 11209 (718) 238-9400**

**Park Slope 191-Fifteenth Street - Brooklyn, NY 11215 (718) 965-6200**

**[www.harborfitness.com](http://www.harborfitness.com)**