

PTI's Dee Mullin Runs Marine Corps Marathon

By Carol Kur, MSRD, Co/founder, PTI

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Fundraising efforts to benefit Strength for Life-New York

Jericho, NY, November 2, 2010 – In her first-ever full marathon, Dee Mullin of Commack, NY joined more than 30,000 runners in 35th annual Marine Corps Marathon held in Washington, DC. Ms. Mullin raised \$950, which she is accumulating and will donate to Strength for Life, a nonprofit organization that provides free exercise classes and wellness weekends for cancer patients and survivors at locations throughout Nassau and Suffolk counties. Ms. Mullin has a website, <http://www.deesrun.com/>, which lists her ongoing races and provides the public with the opportunity to learn about and donate to Strength for Life.

“I’ve only been running for about two years, and I am proof positive that personal training can take you wherever you want to go,” said Ms. Mullin. Jessica Swanson, National Director of Training & Development for Personal Training Institute (PTI), developed a program for Mullin, and she has been training since July 2010. Mullin commented, “I was inspired to run when I was working expos in my role at PTI and was floored by all the shapes and sizes of people who run marathons.”

Fitness is all in the family and work culture for Ms. Mullin. Mullin started her career as a personal trainer with PTI and is now responsible for PTI’s franchise development and support. Her mom, Jacqui Errico, a certified Cancer Wellness Specialist and Health Fitness Instructor/Personal Fitness Trainer is the co-founder of Strength for Life, which was founded in honor of Evelyn Knapp, Co/founder of PTI, who lost her battle to breast cancer in 2005. Evan Kaplan, President & CEO of PTI, is a member of Strength for Life’s Board of Directors.

PTI offers a discounted program to qualifying veterans of the U.S. Armed Forces. PTI believes that veterans possess a unique understanding of commitment, fitness and self-discipline. Visit: <http://www.personaltraininginstitute.com/franchise-site/vet-fran-opportunity.php>.

Mullin will next be racing in the inaugural Evelyn Knapp 5K Memorial Run to benefit Strength for Life at Sunken Meadow State Park in King’s Park, New York on Sunday, November 21, 2010 at 9 a.m. The entry fee is \$22. To learn more, go to: www.strengthforlifeny.org and click on the “Upcoming Events” tab and scroll down to the race.

PERSONAL TRAINING INSTITUTE: PTI has been changing lives since 1987 by combining its proven integrated program that encompasses one-to-one strength training and customized nutrition counseling for every client. PTI was named “Best in Category” in the recent Top 50 Franchise Business Review. This results-oriented franchise is growing nationwide to help members and owners to achieve their goals. For more information, see www.ptifranchise.com.

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