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### **Themed Fitness Event Gains Traction in Support of Local Youth Organization**

HANOVER, NH — Upper Valley nonprofit, [Positive Tracks](#), announces its first annual Positive Tracks Romp happening Friday, April 23 through Saturday, April 24, 2021. The event, open to all ages, abilities, and locations, is an opportunity to celebrate and support Positive Tracks mission to help young people change the world through the power of physical activity.

The Positive Tracks Romp is sponsored by the New Hampshire Charitable Foundation and named for the quirky romper outfits participants are encouraged to wear as they complete the equivalent of 5K, 10K, a half, or full marathon. A romper is defined as a ‘one-piece outer garment, typically used as sports clothing,’ while the word ‘romp’ refers to ‘a period of energetic play’. The distances can be completed creatively through hiking, walking, running, wheeling or working out. There are countless ways to participate including a socially distanced CrossFit workout sponsored by Upper Valley Fitness Network and led by Lebanon, New Hampshire’s CrossFit Off the Green.

“I can’t think of a better way to describe this event other than “Romp”. It’s what we do at Positive Tracks -- we play hard and Sweat For Good. Every day, our youth partners are doing incredible things like organizing runs to fight racism, hikes to combat climate change, or workouts for accessible healthcare. The Romp provides a fun way for all of us to stand alongside more young people creating the change they want to see in the world,” says Emily Gardner, Director of Communications at Positive Tracks. “It’s a chance to find joy and solidarity in simply moving together. The romper is optional – what’s most important is that people show up however they can.”

The Positive Tracks Romp is \$10 to register and can be completed anywhere and anytime by anyone between Friday, April 23 and Saturday, April 24. To learn more or to register, please visit <https://bit.ly/PosTracksRomp> or follow @postracks on Instagram.

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**Positive Tracks** is a national, 501(c)(3) non-profit whose mission is to equip ages 12-25 with the tools, resources and coaching needed to change the world by Sweating For Good. To date, Positive Tracks has helped **81,586** Positive Trackers turn **407,585** miles of athletic activity into advocacy, activism and **\$11.5 million** for causes shaping our future.