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FOR IMMEDIATE RELEASE

**HARTZ PHYSICAL THERAPY'S ANNUAL FALL BLAST TO BENEFIT GIRLS
ON THE RUN OF LANCASTER**

LITITZ, Pa. (September, 24) –HARTZ Physical Therapy's 11th annual Fall Blast 5K run/walk will benefit Girls on the Run of Lancaster on October 4, 2014.

The flat and fast 5K (3.1 miles) race will begin and end at Bonfield Elementary School in Lititz, PA at 9 a.m. Cash Prizes will be awarded to the top three male and female runners and awards will also be given to the top finishers in each age bracket. Team entries are discounted; for more team entry information, to register, and to learn about the kid's fun run that will take place immediately following the conclusion of the 5K, visit www.hartzpt.com.

All proceeds from the race will benefit Girls on the Run of Lancaster, inspiring girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. For more information visit www.gotrlancaster.org. "Girls on the Run changed my life because of all of the support, confidence and new things I learned. It made me feel more confident in the things I do." – Previous GOTR participant, Libby.

Owner of HARTZ Physical Therapy, Brian Hartz, states, "I'm thrilled we will be supporting Girls on the Run of Lancaster with the proceeds from this year's run. Their mission is inspiring and we're excited to be a part of it."

HARTZ Physical Therapy has been acknowledged for its incomparable excellence in quality and personal patient care since 2000. HARTZ has been the recipient of Lancaster Newspapers Readers' Choice Awards for physical rehabilitation 12 years in a row. Its clinics are located in Lancaster, Lititz and Ephrata.

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