



## **GripIron Autism Awareness Cardio Challenge**

*Celebrate Autism Awareness Month in April and raise funds for autism research*

FOR IMMEDIATE RELEASE

March 25, 2008

Contact: Wendy McKinnon, Programs and Outreach Associate  
(703)243-3466, [scholarship@researchautism.org](mailto:scholarship@researchautism.org)

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**Fort Lauderdale, Florida** – GripIron Fitness has opened registration for two online workout challenges to benefit the Organization for Autism Research.

Take the first challenge with the World Autism Awareness Day Cardio Challenge. This is a one day cardio challenge on April 2nd. Players compete online to burn the most calories via cardiovascular exercise. Players score points by burning calories and raise funds by inviting their family and friends to sponsor them for this event. The top three calorie burners and the top three fundraisers will receive prizes from the Organization for Autism Research.

The second challenge is the Autism Awareness Month Cardio Challenge which begins April 3rd and runs through April 30th. Scoring for this month long challenge is the same, but players have more time to compete and raise funds. The top three calorie burners and the top three fundraisers will also receive prizes from the Organization for Autism Research.

Participants in both events will compete with each other for prizes and bragging rights based on their fitness and fundraising efforts.

“The GripIron Autism Awareness Cardio Challenges are innovative additions to our successful *Run for Autism* program,” stated Doug Marocco, Director of *Run for Autism* at the Organization for Autism Research. “It’s an opportunity for people of any fitness level to actively participate in helping us raise funds for research, while having fun and improving their fitness.”

GripIron Autism Awareness Cardio Challenge participants nationwide will be able to track their fitness and fundraising progress online while competing with and motivating each other.

“This collaboration marks another step in GripIron Fitness’s quest to raise funds for good causes while helping to fight the obesity epidemic,” said Mark Hennessy, president of GripIron Fitness, Inc. “We are proud to partner with the Organization for Autism Research in their efforts to raise awareness and funds during Autism Awareness Month.”

GripIron Fitness ([www.gripiron.com](http://www.gripiron.com)) is a socially-minded online health and fitness community. Registration for the World Autism Day Cardio Challenge and The Autism Awareness

Month Cardio Challenge, are now open. Anyone can join these challenges by visiting [http://www.gripiron.com/charity/autism\\_research.aspx](http://www.gripiron.com/charity/autism_research.aspx).