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**THE PEYTON WALKER FOUNDATION ANNOUNCES FIRST-EVER EXCITING UNIQUE
“THE BEAT GOES ON ADVENTURE RACE” 5K AND 2K FUN RUN**

ON APRIL 30, 2022

**RUNNERS AND FAMILIES PARTICIPATING WILL HELP ENHANCE LIFE-SAVING
WORK TO COMBAT SUDDEN CARDIAC ARREST IN ONLY RACE OF ITS KIND ON
EAST COAST**

**Registration Open to Runners & Adventure Enthusiasts From Across The Country
Sponsorships Still Available**

Mechanicsburg, PA - The Peyton Walker Foundation is hosting its first ever and one-of-a-kind “The Beat Goes On Adventure Race” to celebrate Peyton’s love for adventure and to continue their life-saving efforts. The 5K Adventure Race features 12 obstacles (including cargo nets, slides, steep hills, tunnels, paintball and more!) and is a course that will challenge every level of fitness. In addition, a 2K Fun Run with five friendly obstacles (including tires, slides, climbing and more!), will be available for most skill levels and ages 8+.

WHEN: **Saturday, April 30, 2022**
11:00AM- 2:45PM 5K staggered start times
3:00PM-4:30PM 2K Fun Run staggered start times

WHERE: **Roundtop Mountain Resort / Ski Roundtop**
925 Roundtop Rd, Lewisberry, PA

SPONSORED BY: 5K Presenting Sponsor Planet Fitness, 2K Fun Run Presenting Sponsor Delta Dental, UPMC, Avive, Capital Blue Cross, Karns Foods and Members 1st.

Proceeds from this unique East Coast event, that is open to runners and adventure enthusiasts from across the country, will support the life-saving work of The Peyton Walker Foundation whose mission is to increase awareness and survival rates of Sudden Cardiac Arrest.

Peyton’s Mom and executive director of the Foundation, Julie Walker, says, “Hosting a first-of- its- kind adventure race like this at Roundtop – where Peyton worked for several years – has been a long-standing vision of ours. Tying Peyton’s love of adventure and the outdoors together with a thrilling event that raises awareness of SCA, attracts runners from across the country, and will help to fund our future work is a wonderful tribute to our daughter’s legacy.”

Award winning and nationally-recognized programs and services include:

- Providing FREE heart screenings for kids in partnership with UPMC, CHOP, University of Pennsylvania/Lancaster General Health and Geisinger Health Systems;
- Donating over 250 Automated External Defibrillators (AEDs) throughout Central PA;
- Advocating and successfully passing, “Peyton’s Law,” which went into effect in July 2020 – impacting all students who participate in PIAA sports;

—MORE—

- Providing CPR and AED certification classes and community demonstrations;
- Partnering with the Cardiac Safety Research Consortium to provide heart screening data for research in the hopes of positively impacting the future of youth cardiac healthcare.

Registration at www.PeytonWalker.org

NOTE: Adventure Race Video on the Foundation YouTube: <https://youtu.be/ZwVNsUID7Kw>

Nonprofit organizations and sports teams can request a free AED by contacting the Foundation. For more information on Peyton's Law or on the Foundation, go to PeytonWalker.org.

ABOUT THE PEYTON WALKER FOUNDATION:

Peyton Walker was a 19-year-old Mechanicsburg native, 2012 Trinity High School graduate, and a sophomore at King's College in Wilkes-Barre, Pennsylvania who was pursuing a career as a Physician Assistant. When she suffered a Sudden Cardiac Arrest (SCA) that took her young and vibrant life on November 2, 2013. Afterwards, her family started researching Sudden Cardiac Arrest, and found that kids are dying every day from undiagnosed heart issues. THE PEYTON WALKER FOUNDATION was established in honor of Peyton's memory and her dreams of working in the medical profession to help and care for others. The Foundation's mission is to **increase awareness and survival rates of Sudden Cardiac Arrest through education, screening and training.** Events, screenings and important updates can be found at PeytonWalker.org.

To date, they are proud to have donated 250 Automated External Defibrillators (AEDs), screened over 3,500 students with 400 children referred to physicians leading to potential life-saving medical attention for many students. CPR training is offered to every STUDENT who attends their heart screenings allowing students and their families a chance to perform hands-on CPR and gain a better understanding of what an AED is and how to use it. The Foundation also has provided over \$90,000 in educational scholarships and hundreds of other FREE community CPR and AED Trainings.

The Peyton Walker Foundation, under the leadership of Walker, has worked with UPMC Pinnacle, Children's Hospital of Philadelphia, Duke University, Penn State Children's Hospital, WellSpan, Penn Medicine Lancaster General Health, Geisinger Health, PIAA, Big 33, PA Scholastic Football Coaches Association and other agencies in an effort to save young lives. Advocates, parents and medical professionals recognize that more can be done to protect our youth to reduce the occurrence of SCA in our children.

FACTS ABOUT SUDDEN CARDIAC ARREST (SCA):

- SCA is one of the leading causes of death in the U.S. (over 600,000 annually).
- SCA is the #1 killer of student athletes in the U.S.
- Every hour, every day, a student dies from SCA. The majority of those deaths are attributed to detectable and treatable heart conditions that went undiagnosed due to the limited scope of standard sports physicals and well-child check-ups.
- SCA is the leading cause of death on school campuses.
- Survival rates of SCA are less than 10%.
- Some warning symptoms that can lead to SCA include: dizziness, fainting, shortness of breath, chest pain, lightheadedness, and passing out. The first symptom of SCA is often sudden death. However, the use of AEDs and CPR increase the chances of surviving an SCA event.