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“World Class Athlete/Amputee Amy Palmiero-Winters To Speak at OKC Schools and Hospital”

(Oklahoma City – April 22, 2009)

The Oklahoma City Memorial Marathon announces that world class runner and triathlete Amy Palmiero-Winters (www.seeamyrun.com) will speak at two local schools and then to a group of children at St Anthony Hospital on Friday, April 24th. She will kick off her “No Limits Day” at James L. Dennis Elementary at 8:30am, move on to Hefner Middle School at 10:30am, then St. Anthony Hospital at noon to share her story and inspire children with disabilities before heading to the Oklahoma City Memorial Marathon Health and Fitness Expo to speak, sign autographs Friday afternoon and Saturday. She is then entered to race the full marathon on Sunday, April 26th.

“I am so excited to be coming to Oklahoma City, says Amy, “I am looking forward to inspiring the kids and adults who think they may have disability, but in fact, the only limits they do have are those they set for themselves.” Amy continues, “To see for myself the Oklahoma City National Memorial and run in honor of the people here in OKC will make this one of my most memorable runs ever.” OKC Memorial Marathon Executive Director Chet Collier states, “Having truly inspiring people like Amy come in and share her story is what this event is all about. We are thrilled she decided to come, share her story and compete. The amazing thing is - she has a chance to outright win the women’s marathon title!”

The 9th running of the Oklahoma City Memorial Marathon is set for April 26, 2009. The event weekend includes marathon, half marathon and a five-person relays for runners. The event also includes a Kid’s Marathon and an ever-growing 5K Memorial Walk. In addition, there will be a health and fitness exposition at the Cox Convention Center, a pre-race pasta party held at the Oklahoma City National



Memorial and a moving sunrise prayer service the morning of the race. The Oklahoma City National Memorial grounds will have an ongoing finisher's concert with several notable acts as well as other happenings.

The event weekend has something for everyone, so get involved and support this great event. To learn more about the events, training or volunteering, please contact the Oklahoma City Memorial Marathon at 405-525-4242 or at www.okcmarathon.com. And please visit the Oklahoma City National Memorial website at www.oklahomacitynationalmemorial.org.

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