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PETE THOMAS, NBC's MOST SUCCESSFUL "BIGGEST LOSER," PARTNERS WITH THE "HEART OF A CHAMPION 5K-10K," AUGUST 14, 2010 AT BELLE ISLE PARK IN DETROIT

DETROIT, MI – July 16, 2010 – Join Pete Thomas from NBC's "The Biggest Loser," and runners from all over Michigan for the 4th Annual "Ron Winans Heart of a Champion 5K & 10K" charity run/walk. The race will take place on Saturday, August 14, 2010 at 8:00 a.m. at the Belle Isle Park Remick Band Shell. The event is sponsored by The Perfecting Community Development Corporation (PCDC) in Detroit, in partnership with the American Heart Association and the Detroit Medical Center.

A trophy is awarded to the winner in each age category, and each runner to cross the finish line will receive a medal. Participants will receive free health screenings by the Detroit Medical Center, a commemorative T-shirt and heart disease prevention material from the American Heart Association.

"I'm pleased to be associated with this event," states Pete Thomas. "Running and walking improve our cardiovascular health, help to prevent heart disease, and help us to control our weight as well. The "Heart of a Champion 5k-10k" is a perfect place to start!"

For the avid runner, the "Ron Winans Heart of a Champion 5K & 10K" serves as a perfect training event for upcoming races—including the Crim Festival of Races and the Detroit Free Press Marathon.

Whether you walk, run or do a combination of both, Pete encourages you to come and bring your entire family to this fun fitness event. Heart disease is preventable. So let's get heart-healthy together! Registration is \$20. To find out more about the race or to register, visit <http://www.perfectingchurch.org/ron5>.

About Pete Thomas

In 2005, Pete Thomas walked away from the finale of NBC's "The Biggest Loser" a winner - and a loser. He won \$100,000 for losing the most weight of all contestants that season. What he *lost* was 185 pounds in nine short months! Five years later, Pete has kept the weight off and he's creating other "Biggest Losers" through his teaching and coaching programs. Pete's amazing energy, endlessly upbeat tone and extremely positive message have transformed him into a highly skilled TV personality, teacher, certified trainer, and a much sought-after motivational speaker to groups and corporations around the country. Pete has appeared on ABC's *The View*, *The 700 Club*, and *eXtra* as well as being featured in *People Magazine*, *Runner's World*, *TV Guide*, *inTouch Weekly* and *Real Health*. In addition, Pete has completed two full triathlons, a full marathon and several half-marathons since his time on *The Biggest Loser*. Pete spreads his "Winning Principles" to organizations nationwide through www.WinningMan.com. For an interview with Pete Thomas, contact Anita Lane at 646.450.6124.

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