



*Live, Love, Run!*

**FOR IMMEDIATE RELEASE**

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**Roc Solid Foundation Joins J&A Racing as Official Charity Partner for *VIRGINIA IS FOR LOVERS 14K***

**Virginia Beach, VA** – J&A Racing is pleased to announce that Roc Solid Foundation has been selected as the Premier Charity for the 2014 Bon Secours In Motion Virginia is For Lovers 14K. As the Premier Charity, Roc Solid is featured on the event website, and race participants are encouraged to make a donation in the amount of their choice during online registration. Additionally, Roc Solid representatives will participate in the event as runners, walkers and volunteers.

The Bon Secours In Motion Virginia is For Lovers 14k, Sweetheart 6k and Cupid 1k is scheduled for Feb. 15, starting at the Virginia Beach Field House on Landstown Road in Virginia Beach. The races take runners past the Princess Anne Athletic Complex, US Olympic Field Hockey Training Center and the Sportsplex Stadium. For more information or to register, visit [www.vifl14k.com](http://www.vifl14k.com).

“We are beyond thrilled about this new partnership,” says Roc Solid chief play officer Eric Newman. “It’s a fun way to spread the word about Roc Solid’s missions to thousands of people who live and visit this area to participate in J&A’s races.”

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About J&A Racing

J&A Racing is a nationally known race management company based in Virginia Beach, Virginia with a mission to promote and support healthy lifestyles and the sport of running through the development and growth of their running events throughout Hampton Roads. Founded in 2003 when J&A Racing owners Amy and Jerry Frostick first took over the Shamrock Sportsfest, the Yuengling Shamrock Marathon Weekend has become one of the most popular events in the country, growing from 3,000 participants to a record 28,000 in 2013. J&A Racing’s portfolio of fun, festive and family oriented events for runners at all stages in life has expanded to include the Halloween themed Anthem Wicked 10K and Old Point National Bank Monster Mile, the Valentine's Day themed Bon Secours In Motion Virginia is For Lovers 14K, 6K, 1K, the Christmas themed Surf-n-Santa 10 Miler, Frosty's 5K, and Rudolph's 1K and their newest event, the Crawlin' Crab Half Marathon, 5K and Kids Kilometer. For information on all of the J&A Racing events, please visit <http://www.jandaracing.com/>.

About Roc Solid Foundation

Roc Solid Foundation was founded in 2009 by pediatric cancer survivor, Eric Newman. With the goal to build hope for children battling cancer, Roc Solid works with children and their families to provide support and encouragement from diagnosis through treatment and beyond. Its flagship program, *Play It Forward*, allows children to temporarily escape the burdens of childhood cancer by providing them with opportunities to play. Roc Solid has completed close to 100 *Play It Forward* projects throughout the Southeastern United States, including custom playset builds, room remodels, cancer free parties and more. To learn more, visit [www.rocsolidfoundation.org](http://www.rocsolidfoundation.org).