

FOR IMMEDIATE RELEASE:

**Hudson-Mohawk Road Runners
Club/ WorkForce Challenge Event**

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The Hudson-Mohawk Road Runners Club (HMRRC) along with CDPHP present checks to the four recent CDPHP Workforce Team Challenge “Charities of Choice.” (From Left to Right) Ira Mandelker, HATAS; Peter Newkirk, Workforce Team Challenge/HMRRC; Fred Erlich, Living Resources; Dr. John Bennett, CDPHP; Harris Oberlander, Trinity Institution-Homer Perkins Center, Inc.; Gina Slyer and Dave Ward, Boys & Girls Club of Albany.

HMRRC DONATES \$20,000 TO FOUR CDPHP® WORKFORCE TEAM CHALLENGE CHARITIES

ALBANY, N.Y.—September 8, 2010—The Hudson Mohawk Road Runners Club (HMRRC) of Albany today announced the donation of \$5,000 each to The Boys and Girls Club of Albany; the Trinity Institution-Homer Perkins Center, Inc; the Homeless and Travelers Aid Society (HATAS); and Living Resources. These four local not-for-profits are recent “Charities of Choice” selected by the HMRCC to benefit from the CDPHP Workforce Team Challenge, the

largest annual road race between Utica and New York City. This year's challenge had record participation and took place in mid-May at the Empire State Plaza in Albany.

"The 2010 event was very successful, attracting more than 8,500 participants and 449 teams, a new record for the event," noted Pete Newkirk, race director and member of HMRRC. "The club is delighted to share the success with these charities."

The CDPHP Workforce Team Challenge is a 3.5-mile road race open to teams of employees from corporations, businesses, government agencies, educational institutions, not-for-profit corporations, and financial institutions. Employers use the race as a platform to provide health and fitness opportunities in the workplace while promoting goodwill and teamwork among their employees.

"We are thrilled that the outstanding participation in this year's race will benefit these worthwhile organizations and the important work they do in the community," said John D. Bennett, MD, president and CEO, CDPHP. "We would like to thank the HMRRC for their help in organizing the event and we look forward to continuing this success next year."

The gifts presented to this year's 2010 Charity of Choice, the Boys & Girls Clubs of Albany, and the other three local not-for-profits will help these organizations continue their efforts in the community.

"On behalf of the Boys & Girls Clubs of Albany, I would like to thank the Hudson Mohawk Road Runners Club for their generous donation to our Afterschool Program Scholarship Fund and for their continued support," said Gina Slyer, interim executive director, Boys & Girls Club of Albany. "Through this gift, more children will have the opportunity to experience our valuable programs and services free of charge. It is through organizations such as the HMRRC that we can truly make the Boys & Girls Club of Albany the 'Positive Place for Kids!'"

HMRRC's many activities and services include scholarships for college-bound high school seniors, grants for youth running programs, seminars and clinics for runners, 30 local running events throughout the year, and a monthly running magazine, *The Pacesetter*.

About the Hudson-Mohawk Road Runners Club

The Hudson-Mohawk Road Runners Club is the Albany area's largest running organization. The club was formed in 1971 and today has more than 2,000 members who come in all shapes and sizes and from all walks of life, as well as with different running styles and speeds. Members are united in their love of running and desire to promote and participate in quality races and running-related activities. The club organizes nearly 30 running events a year at many different locations throughout the Capital District. These events offer something for everyone, novice and veteran alike. Visit HMRRC at www.hmrrc.com.

About CDPHP®

CDPHP has served as a strong corporate citizen, assisting hundreds of community organizations throughout its extensive service area. CDPHP has been recognized nationally and regionally with awards and honors by many organizations for its corporate citizenship, health and wellness programs, and its diverse health insurance products.

Established in 1984 as a physician-founded and guided health plan, CDPHP and its affiliates currently serve members in 24 counties throughout New York with a full [family of products](#). In the latest results from *U.S. News & World Report/NCQA America's Best Health Insurance Plans 2009-10**, CDPHP garnered the three highest-rated commercial plan rankings in New York state, as well as a rating among the top 10 health plans in the nation for its Medicare and Medicaid programs. Visit [CDPHP](#).

*U.S. News & World Report/NCQA America's Best Health Insurance Plans 2009-10. "America's Best Health Insurance Plans" is a trademark of U.S. News & World Report.

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