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TRIVARIANT PROMOTES WOMEN'S FITNESS WITH DONATION TO RESTON RUNNERS

TriVariant is Lead Sponsor for the Seize the Day Women's 5k

Reston, VA (June 7, 2017) – TriVariant, a project management consulting company with an emphasis on Earned Value Management, is giving back to the local community with a monetary donation to support Reston Runners' Seize the Day Women's 5k. Reston Runners is an organization for walkers and runners of all abilities. Each summer, Reston Runners sponsors the area's only 5k for women.

Sylvia Alexander, TriVariant's President, knows from experience the benefits of running and developing a community that supports your wellbeing. "As a runner and former participant in Reston Runners' Women's 5k, I have personally reaped the rewards of this race. I am very pleased to have the opportunity to sponsor the Women's 5k race and assist Reston Runners in its goal of supporting women's fitness in our community."

Reston Runners has a history of encouraging women of all abilities on a path towards physical fitness and improved health. The Reston Runners' Seize the Day Women's 5k coincides with the end of the organization's annual eight week Women's Training Program (WTP). Between the WTP and the Women's 5k, Reston Runners reaches over 500 local women each year. This year's race will be held on Saturday, June 17, at Langston Hughes Middle School, Reston, VA, starting at 8:00am.

Nora Lynch, Co-Director of the Women's 5k, expressed her gratitude for TriVariant's support of the race. "TriVariant's contribution to the Seize the Day Women's 5k was significant for the race this year. Our race is known for rewarding all participants. TriVariant stepped into a gap created by the passing of a former sponsor; its contribution allowed us to continue the race traditions."

Additional information about the race may be found on the Reston Runners website (www.restonrunners.com) and its Facebook page (Reston Runners Seize the Day Women's 5k).

TriVariant is a project management consulting group dedicated to helping companies, contractors, and government officials run more effective and efficient programs and projects. Though we work with companies of every size, we're particularly sensitive to the needs of smaller businesses that don't have the budget or bandwidth of larger organizations. No matter if your company is big or small, our customized solutions and personal attention will help you get the most from your people, processes, and tools. If you would like more information about TriVariant, please contact us at info@trivariant.com.