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TRIVARIANT'S DEDICATION TO WOMEN'S FITNESS INCLUDES RESTON RUNNERS RACE SPONSORSHIP

TriVariant is Gold Sponsor for the 2018 Seize the Day Women's 5k

Reston, VA (June 19, 2018) – For the second consecutive year, TriVariant, a local project management consulting firm specializing in proposal management and performance management services for government contracts, is a leading sponsor for the Reston Runners' Seize the Day Women's 5k race. Reston Runners hosts the area's only 5k for women each year at the conclusion of the organization's eight-week Women's Training Program (WTP). Reston Runners encourages women of all abilities (walkers and runners) on a path towards physical fitness and improved health. Between the WTP and the Women's 5k, Reston Runners reaches over 500 local women each year.

Sylvia Alexander, TriVariant's President, recognizes the importance of fitness and the need to support our local community "I have been involved with Reston Runners and the Women's Training Program for more than a decade as both a participant and a coach. Having the privilege to now be a race sponsor allows me to give back to a program that has personally given me so much, and that continues to benefit the women in our community."

Businesses can give back to the local community by donating items for individual and team prizes or participant "swag bags" or through monetary donations to support other race needs.

Nora Lynch, Co-Director of the Women's 5k, gratefully acknowledges TriVariant's continued support of the race. "As a gold sponsor, TriVariant allows us to produce a race that is not only beneficial to the participants, but also fun and rewarding. It is important to us to encourage all of our participants (both runners and walkers) to enjoy fitness and to continue to make it part of their lifestyle. Local sponsorship of the Seize the Day Women's 5k enables us to not only reward the top athletes in each age group, but to also provide all participants with something for their efforts. We want to make sure that these ladies continue with their fitness journey long after this race is over."

This year's race will be held on Saturday, June 23, at South Lakes High School, Reston, VA, starting at 8:00am. Additional information about the race may be found on the Reston Runners website (www.restonrunners.com) and the race's 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.