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FOR IMMEDIATE RELEASE

BONESHAKER PROJECT ANNOUNCES THE ADDITION OF COACH / MASTER RUNNER CASSANDRA HENKIEL

AUSTIN, TX – Boneshaker Project, an Austin-based non-profit organization with the mission of giving every child a way to feel physically strong from an early age, has engaged Cassandra Henkiel to coach their new kids' running program. The first program will start this fall with a 12-week program through Eanes ISD Community Enrichment, as well as a program with Austin Parks and Recreation Department's Rosewood Park in East Austin.

"DO WHAT MOVES YOU – LET'S RUN!" will introduce fitness and physical movement in a functional and FUN manner. Using education, motivation and up-to-date science, the program will explore components of fitness, running techniques, the importance of flexibility, nutrition, & hydration. Kids will come away with fitness education, better awareness about their bodies, as well as leadership and teamwork skills. Healthy snacks will be provided.

Coach Cassandra Henkiel has been training kids and adults for twenty years, emphasizing a balance of cardiovascular conditioning, muscular strength, endurance and flexibility. As an ACE certified fitness professional since 1994-the present, she has enjoyed a very passionate and diverse career. A graduate of Western State College in Gunnison, Colorado (BA '92,) in 1996, Cassandra had the opportunity to get back into coaching and hasn't looked back. Coach Henkiel "enjoys the blessings and is grateful to educate, motivate and pass along passionate energy about fitness and wellness to all."

Boneshaker Project Chairman Todd Reed said of Cassandra, "Besides being a four-time winner of the Capitol 10000, 2005 Austin's Female Athlete of the Year, and 8-time all-American in cross-country and indoor/outdoor track, she is an amazing coach, community leader, and human being. We're thrilled to add her to an already very strong team."

Boneshaker Project currently also produces *"DO WHAT MOVES YOU – LET'S RIDE!"* bicycle programs in collaboration with Austin Parks and Recreation, LaunchPad The Center at Dobie Middle School, Eanes ISD Community Enrichment, and 94.7FM JB & Sandy's "Bikes for Kids." Coach Will Ross, who has also been an integral part of the Austin health and fitness community for over 20 years, leads the cycling program.

Boneshaker Project is an Austin-based 501(c)(3) with the mission of encouraging kids to feel physically strong from an early age - inspiring kids towards daily physical activity & encouraging them to lead others in pursuit of healthy lifestyles.

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