



TWIN CITIES IN MOTION

FOR IMMEDIATE RELEASE

Twin Cities In Motion Seeks Scholarship Applicants for \$5,000 Awards

Scholarships available to two high school seniors in Twin Cities Metro Area

MINNEAPOLIS, MN (January 20, 2010) – Twin Cities In Motion (TCM) is seeking applicants for its annual college scholarship awards, the organization announced today. The \$5,000 college scholarships will be given to one male and one female area high school senior in the Twin Cities Metro area with a passion for running, a dedication to academics and a commitment to their community.

The application process is open through March 1 and applications are online at mtcmarathon.org. Recipients will be selected on academic achievements, community service, running accomplishments (in either cross-country or track) as well as a personal essay. These funds may be used to attend a public or private institution and this year's scholarship recipients will be notified in May.

Michelle Volz, of Lakeville North High School, and Samuel Seehof, of Minnetonka High School, are the recipients of the 2009 Twin Cities In Motion College Scholarships. Volz, who attends the University of Minnesota, and Seehof, who attends Dartmouth College, were selected from nearly 100 top track and cross-country runners who also excelled academically and within their communities.

"The college scholarship program recognizes our mission to support the growth of long-distance running," said Twin Cities In Motion executive director Virginia Brophy Achman. "It is our hope that through financial support, our scholarship winners can continue their passions for running as they pursue their academic goals."

For more information, and an application, visit mtcmarathon.org/Partners/Scholarships.cfm.

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Twin Cities in Motion, (formerly *Twin Cities Marathon, Inc.*) is the non-profit organization that organizes running events throughout the year, including the Valentine's Day TC 5K, 100% Irish For A Day TC 5K & TC 10 Mile, Medtronic TC 1 Mile, Red, White & Boom! TC Half Marathon, Medtronic Twin Cities Marathon, Medtronic TC 10 Mile, the TC 10K, TC5K and the Medtronic TC Family Events and Medtronic TC Kids Marathon program and related events, as a community service for the Minneapolis/St. Paul area. Visit mtcmarathon.org for more information and [Twin Cities in Motion page](#) on Facebook.

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