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CONTACT: Jolaine Collins

916.996.8997 / Jolaine@collinscommpr.com

Mama Bootcamp teams up with 3Strands Global to combat human trafficking

Partnership will expand 3Strands Global Break Free Run — The Race to End Human Trafficking in Folsom, Oakland and San Diego

El Dorado Hills, CA (July 8, 2016) -- Two Sacramento-area organizations, 3Strands Global and Mama Bootcamp, have joined forces to combat human trafficking — the fastest growing crime in the United States. They are working together to raise awareness and funds through the **3Strands Global Break Free Run — The Race to End Human Trafficking**, with the goal of attracting a total of 5,000 participants and raising \$350,000 this year in three California cities: Folsom, Oakland and San Diego.

3Strands Global, an El Dorado Hills-based non-profit whose mission is to combat human trafficking through sustainable employment, education and engagement initiatives, has presented Break Free 5K and 10K run/walk events for the past six years. The events have drawn more than 16,000 participants in all.

This year, Mama Bootcamp, a fitness company with locations throughout the Sacramento region, is providing event volunteers and incentives to help boost race participation, including:

- an 8-week training plan leading up to the run
- inspirational, online videos and tips to help participants get race-ready
- a special discount on a 6-week Mama Bootcamp fitness program
- Sunday morning training runs beginning July 31 along the American River Bike Trail

Mama Bootcamp founder Lorri Ann Code says, “Mama Bootcamp focuses on empowerment as well as physical, mental and spiritual health. The 3Strands Global Break Free Run partnership extends our focus to victims of human trafficking who can’t speak for themselves.” Mama Bootcamp offers a supportive program based on fitness, nutrition and life coaching for women of all shapes, sizes and ages.

(more)

“We’re excited to partner with the energetic forces of Mama Bootcamp,” says Ashlie Bryant, co-founder and president of 3Strands Global. “Their dedicated support will help us sustain and expand 3Strands Global Break Free runs — raising awareness and funding essential programs to help combat human trafficking.”

Profits from 3Strands Global Break Free runs help fund prevention, recovery, restoration and reintegration programs. 3Strands Global partners with organizations that provide restorative services to survivors and preventative services for at-risk youth.

Over the past five years, more than 20,000 students and teachers have participated in Break Free human trafficking education and awareness programs at the middle school, high school and college levels.

“Freedom” is the theme of this year’s Break Free events:

- **Folsom hosts its seventh Break Free Run on Sept. 24.** Goal: 3,500 participants, \$200,000 in donations/sponsorships.
- **San Diego hosts its second Break Free Run on Oct. 8.** Goal: 1,000 participants, \$75,000 in donations/sponsorships.
- **Oakland hosts its fourth Break Free Run on Nov. 5.** Goal: 1,000 participants, \$75,000 in donations/sponsorships.

For more information about 3Strands Global Break Free Runs, go to www.3StrandsGlobal.com. Individuals and teams are encouraged to participate. Online donations may be made to any of city’s Break Free Runs, the Virtual 5K, or directly to 3Strands Global.

For more information about Mama Bootcamp and the Break Free Run training program, go to www.MamaBootcamp.com.

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