



YMCA ANNOUNCES SEVENTH NITTY GRITTY 5K

The Promise Physical Therapy Nitty Gritty 5K makes its return to the campus of the Willis Bradford YMCA on October 21st, at 8am. The winner of the race will receive the coveted Golden Spoon Award, given this year for the seventh time.

Promise Physical Therapy opened its doors in July of 2003. The name Promise was chosen to reflect their faith in God, the God of promises. The staff of Promise truly believe that their practice is a product of the provisional promise God made to us that He would provide us with everything we need when we chose to follow Him. Their objective is simple, to provide patients with a return to full function, facilitate pain resolution and independence while creating a strategy for continued success.

The Nitty Gritty 5K is a one of a kind road race. Its path takes you through the Silver Hills in east Prattville, an old established neighborhood. The fact that the race course never crosses a major roadway makes it a very safe race. A water station will be located at the half way point as well as the finish line.

What makes this race so unique is what follows the race. After the race, you can sample over 50 different varieties of grits at the Great Grits Cookoff. The cookoff, now in its 10th year features churches and non-profits, restaurants, and businesses competing to see who has the best grits in the county.

All of the funds raised at the race and the cookoff will benefit the Coach a Child Scholarship Fund, which is the cornerstone of the YMCA's commitment to never turn anyone away due to their inability to pay. That commitment held true even during the pandemic year of 2020. In 2022, the Prattville YMCA gave \$330,000 in scholarships to over 3000 different individuals.

The YMCA is a big part of the Prattville community and Eddie Grice and his team at Promise understand the value of giving back. "Eddie has always understood the role the Y plays in developing young people, especially those that come from a disadvantaged background. The race is a fun way to do that," according to Keith Cantrell, Assistant General Director of the YMCA.

If you would like to join Promise in sponsoring the race, contact June Dorough, at 334.358.9622. If you would like to run in the race, you can register online at www.nittygritty.itsyourrace.com.

