



**For Immediate Release**

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## **Community Sets Guinness World Record**

**September 30, 2011, Ellicott City, Md.**—It's official—317 participants set the **Guinness World Record** for the **World's Largest Circuit Training** on June 18, 2011 at Centennial Park in Howard County, Maryland.

Organized by We Promote Health and supported by a number of Howard County businesses and partners, the group's 317 people worked out together for an hour to set a brand-new world record. A celebration is being planned for Saturday, November 4, 2011 at Centennial Park where the record was set.

"We did it! Our accomplishment is amazing," said organizer Brian Jolles, President of We Promote Health. "We gathered adults and kids of all fitness levels together with some of the community's best personal trainers and set a world record. Our effort succeeded because of the exercisers commitment and enthusiasm and thanks to the local organizations that participated with us," Jolles said.

The Howard County Recreation and Parks Department provided the Centennial Park location, MeetLocalBiz.com and Howard County Community College students videotaped the attempt and the Rotary Club of Columbia observed and attested to the continuous movement of the exercisers. Professional trainers led the exercise stations. Maryland Senator James N. Robey witnessed the entire event and encouraged the crowd by sharing his personal health and fitness story. Photographer Mark Gregory's photographs were an integral part of the documentation sent to Guinness along with the video of the event. Columbia Association, Howard County Public Schools, the Howard County Chamber of Commerce and the Howard County Government promoted the opportunity to set the record.

Unbeknownst to Jolles, a community group near Toronto, Canada also attempted the same record at the same time. The Brampton community was hampered by rainy weather and did not get the required 250 exercisers needed to set the record. However, the two groups share similar goals of improving community fitness and health through regular exercise. "Who knows," said Jolles, "maybe we'll challenge the Brampton group to try again and beat our record. We've got a model that works and we're willing to share it with other community groups. Right now, we've got the record and we're the ones to beat," he said.

We Promote Health, coordinating partner for Get Active Howard County, sponsors a regular exercise group that meets for free Saturday morning workouts in Centennial Park. Not only did this group help to break the record, they've been meeting every Saturday for nearly 30 weeks. Led by trainers Brenda von Rautenkranz and Clara Paris, the group's consistent Saturday workouts are an opportunity for everyone who lives, works or plays in Howard County to get some exercise and have fun doing it. For more information about the free Saturday morning workouts go to [www.wepromotehealth.org](http://www.wepromotehealth.org).

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