



**FOR IMMEDIATE RELEASE**

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**Race to celebrate healthy teen and young adult dating brings light to darkness**

**What:** 6<sup>th</sup> Annual 2016 No Fear in Love 6-mile Race – West Coast

**Where:** Eastern Washington University, 1123 Elm Street,  
Cheney, WA 99004, Center Mall

**When:** Saturday, March 12, 2016 at sunrise, (6:45 a.m.)

**Why:** To celebrate healthy dating relationships

**How:** To register and for more information, <http://nofearinloverace.org/>

**CHENEY, WA** – Teen and young adult dating relationships, whether they are healthy or unhealthy, “sets the pattern for life,” one teen told Karen Bontrager, founder and organizer of the sixth annual No Fear in Love Race at Eastern Washington University.

While Bontrager admits the impetus of the race was in part the murder of Yeardeley Love, rather than dwell on the tragic, the No Fear in Love Race is designed to celebrate healthy dating relationships and to teach teens and young adults how to avoid unhealthy ones. Race time is at sunrise on March 12, signifying movement from darkness to light.

“There has never been a race to celebrate healthy dating relationships in 16- to 24-year-olds,” said Bontrager, an apostle for the promotion of healthy dating relationships in teens and young adults. “As I have been told many times: ‘They teach us don’t, don’t, don’t, but they don’t tell us what to do.’”

The No Fear in Love Race is part of Bontrager’s efforts to stimulate conversations about healthy relationships. Research indicates that as many as one out of four teens and young adults aged 16 to 24 are involved in violent dating relationships. Bontrager wants the three out of four to teach the others.

“The 16- to 24-year-olds who are doing it right can talk to those who aren’t – and they’ll listen because they’re the same age,” Bontrager said. “It’s boys and girls working together, trying to solve teen dating violence.”

The No Fear in Love Race will give them a voice about something that they care about: the promotion of healthy dating relationships.

After the event, Bontrager hopes to raise \$9,000 from the No Fear in Love Race, enough to pay one year’s tuition at Eastern Washington University for a dating abuse survivor. A youth council will choose the recipient.

“I have been on both sides,” Bontrager said. “If we can bring one person from darkness to light, it will be a life transformed.”

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