

Strong City Sports Fest

On July 11th, Grove Center will host the first annual Strong City Sports Fest. It will be a free event for people of all ages to discover a variety of sports and new athletic interests. It will be filled with demonstrations, workshops, and audience participations that will also provide festival goers with the opportunity to help a great cause!

Event promoter Ginger Nunamaker is on a mission to make fitness fun for all East Tennesseans. She says, "We are determined to help our community achieve better health through stronger bodies, minds, and spirits." The people at Strong City be doing their part by providing everyone the opportunity to discover sports they never considered before.

From 10:00 a.m. to 4:00 p.m., twelve different athletic disciplines will be available for kids and adults to try at their own pace and level of ability. They will not be your everyday sports, but something new for everyone. Options will include NPC Bodybuilding, Figure and Bikini Seminar , Strong Man/Strong Kid, Academy Ballroom Dancing, Hip-hop, Martial arts from SanJuriu Martial Arts Studio, Smoky Mountain Fencing, Diverse City Skateboarding, and much more. Jake Martin of Jakebreak4 kids will also be there with his activities that makes getting in shape and learning about fitness something for kids to get excited about.

Admission is free, but at 6:30, there will be a Ju-Jitsu/Mixed Martial Arts Match along with some wrestling. Tickets for the event are \$10 or \$25 for a VIP pass. There will also be raffle tickets sold with prize drawings.

Proceeds from the tickets will go towards helping someone very special. Peyton, a seven-year-old boy is in need of a service dog. He is severely autistic and has been working with a particular dog from Wilderwood Service Dogs, that has proven to be not only a friend, but a lifeline for Peyton and his family. Before discovering Wilderwood, Peyton and his family have had to live a life of relative seclusion. Venturing out into different environments, has been too stressful for Peyton who requires consistency in his world. This special dog has provided a valuable comfort for him and has made it possible for the family to go places and eat at restaurants. Peyton would now like to purchase the dog, but it costs \$6,000. Strong City Sports Fest is stepping up to do what they can to help.

Wilderwood Service Dogs is a non profit organization that provides trained dogs for the neurologically impaired. Maryville College is in the process of conducting research on Wilderwood and the impact the dogs have on the lives of children with autism. Their findings are astounding! They have been observing immediate improvements in the children that continue to grow once they take the dogs home. To learn more about Wilderwood, visit www.wilderwood.org. They can also be found on Facebook as a cause to join and newsletters are available. You can also meet some of the people and dogs form Wilderwood at the Sports Fest.

Ginger and the people with Sports Fest will continue to reach out to the community. A second annual event is planned for Knoxville. The East Tennessee Sports Expo will take place at

Chillhowee Park on October 16th and 17th. Many of the same events will be offered, but with actual Sanctioned competitions. Sponsorship opportunities and booths are available for both events. You can find out more by visiting www.easttnsportsexpo.com or by calling Ginger at 865-363-7854,

The people at Strong City Sports Fest are hoping to generate a lot of community interest so that they can continue to help at risk kids, raise money for good causes, and get East Tennessee active and healthy. As Ginger says, “We want to help our East Tennessee neighbors achieve their personal best.”