



Press Release

For Release: January 28, 2010
Brunswick, Georgia

COACH MERRILL FROM POWER UP FOUNDATION TO SPEAK TO YOUTH AT THE BOYS & GIRLS CLUBS OF SE GA - TERRILL THOMAS UNIT.

Brunswick, GA– On Tuesday, February 2, at 5pm Coach Merrill from the Power Up Foundation will be speaking with club members at the Terrill Thomas Boys & Girls Club in Brunswick. Coach Merrill will be speaking with youth and parents about the importance of being physically fit.

Coach Merrill is in the process of organizing a historic run that is scheduled to begin October 4th, 2009 in Boston, Massachusetts and to conclude March 2010 in Key West, Florida. The run is scheduled to last 6 months and will have Coach Merrill running 13.1 miles a day. Along the east coast route, Coach Merrill is speaking at Universities, Colleges, community organizations, and high schools to spread his message of achieving positive mental health through positive physical health. He is stopping in Brunswick on February 2 to speak at the Howard Coffin Park and at the Terrill Thomas Boys & Girls Club. The Boys & Girls Clubs of Southeast Georgia invite everyone to attend Coach Merrill's discussion at 5pm at the Terrill Thomas Unit in Brunswick.

Coach Merrill was a baseball high school coach and in his five years of coaching their team had lost two players to mental illness and suicide. These losses in addition to the personal losses that he had suffered growing up has compelled him write a book entitled "Fighting the Demon of Suicide". The book is based on the true life events of how suicide has affected not only Coach Merrill but the community of Bowling Green, Ohio. In an effort to be pro active on the issue of mental illness and suicide, Coach has founded the Power UP Foundation. His belief is that better physical health can and will improve better mental health.

"When a person feels better, they think more clearly, and when that happens a person uses better judgment and feels that their life has purpose. When a person feels a sense of purpose then they make goals. Goals move a person in positive direction". – Coach Merrill

COACH MERRILL'S "RUN TO THE KEYS" - continued

ABOUT COACH MERRILL, POWER UP FOUNDATION & "Fighting the Demons of Suicide"

In 2008, Merrill published the book "Fighting the Demon of Suicide". The book is based upon the eight friends of Coach Merrill's that had made the decision to end their own lives. It is Merrill's hope that his book will serve as educational to all of those who work with our nation's youth, hopeful for parents, and inspiring for all those who read it. Coach Merrill has donated 100% of all book profits to the Power UP Foundation. In addition, all levels of membership are available through donations from corporations, businesses, community organizations, and individuals.

In 2009, Merrill founded the Power UP Foundation. The foundation was created to provide financial assistance to communities across the country that has programs that promote better physical fitness and mental health. Merrill believes that better physical health equals better mental health.

The goal of the "Run to the Key's" campaign is to raise \$25 million dollars for the Power UP Foundation. The foundation's mission is to financially assist communities across the United States that have programs that promote positive physical and positive mental health.

To find out more about the Coach Merrill, the Power UP Foundation, or the book "Fighting the Demons of Suicide" visit the website www.powerupfoundation.com

About Boys & Girls Clubs of Southeast Georgia

Boys & Girls Clubs of Southeast Georgia consists of six clubs serving over 3500 youth on an annual basis. Known as "The Positive Place for Kids," the Clubs provide guidance-oriented character development programs on a daily basis for children 5-19 years old, conducted by a full-time professional staff. Key Boys & Girls Club programs emphasize character and leadership development, education and career development, health and life skills, the arts, sports, fitness and recreation.

To find out more about the programs offered at the Boys & Girls Clubs of Southeast Georgia or for more information please visit www.apositiveplace.net

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