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**"Sonki Fitness runs 132 miles for charity"  
(Santa Monica Daily Press, July 30, 2003)**

Sonki Fitness, a premier fitness company based out of Santa Monica, participated in the American Cancer Society's signature fundraising event, Relay For Life, this past weekend at Santa Monica College. Founder Sonki Hong led a team of 20 runners who ran more than 132 miles in 24 consecutive hours to help raise money for cancer research.

"This event was a chance for us to help raise money for a very valuable cause," Hong said. "Just about everyone has been affected in some way by this terrible disease. I felt honored to be a part of it."

Hong is a five-time STREND (Strength & Endurance) World Fitness champion and co-author of WAKE UP, SHAPE UP in book stores now. Hong's team consisted of members of his Santa Monica and Beverly Hills Boot Camp Classes, and their family and friends. The event raised \$77,100 for the American Cancer Society.