

The {m} Media Collective TODD STARNES Update

FOR IMMEDIATE RELEASE
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BEST SELLING AUTHOR AND FOX NEWS RADIO PERSONALITY TODD STARNES NAMED THE NAUTICA NEW YORK CITY TRIATHLON'S "ATHLETE OF THE MONTH"

Nashville, Tenn. January 21, 2009... With the Nautica New York City Triathlon only six months away, Todd Starnes has been named the "Athlete of the Month" by the annual run which will take place on July 18th at the Hudson River.

"The year 2010 marks the five year anniversary of my heart surgery – and the beginning of a long journey towards healthy living," says the Fox News Radio reporter. "The NYC Triathlon is going to really stretch me physically and mentally. For one thing – the swim is in the Hudson River. The triathlon will also mark the end of my weight loss campaign. I hope to bottom out at around 145 pounds – my birth weight."

Since inspiring others with his own weight loss and marathon story titled "They Popped My Hood and Found Gravy on the Dipstick," Starnes has completed two marathons and three half marathons. Starnes plans to complete the triathlon with his cousin Bill Starnes who is also featured in the best selling book from Pathway Press. Together, they also plan to finish the Country Music Half Marathon in Nashville in April.

Born in the Deep South, Starnes now calls New York City home. And like any good Southern boy, he likes his tea sweet, his chicken fried, and his biscuits buttered. Starnes' work is heard on more than 700 radio stations around the nation, and he also writes a daily blog for Fox News and hosts a biweekly religion podcast called "FOX on Faith." Starnes has covered a number of high-profile national stories including the 2009 presidential campaign. Todd was assigned to travel with President Obama and covered the candidate on board his plane. Todd is the winner of an Edward R. Murrow Award and the Associated Press Mark Twain Award for storytelling. Actively involved in his church and mission work, he's a member of the New York City Road Runners and has completed two marathons and a half dozen half-marathons. He is currently training to participate in an Iron Man Triathlon, and also plays golf. One of his great passions in life is barbecue, and one day he hopes to become an officially sanctioned barbecue judge. *They Popped My Hood and Found Gravy on the Dipstick* is Starnes' first book and includes a foreword written by former Arkansas Governor Mike Huckabee. Starnes has made major appearances in support of his best selling book on popular programs such as "Oprah Radio" with Dr. Bob Greene, "The Morning Show with Mike and Juliet," "Fox & Friends," "The 700 Club," "FamilyNet," "The Alan Colmes Radio Show," "The Tom Sullivan Show" and more.

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