



FOR IMMEDIATE RELEASE

**Contact: Anthony Hesselius
Linda Roth Associates, Inc.
Phone: (703) 417-2703
anthonyh@lindarothpr.com**

**Ris Lacoste Hits the Ground - Walking
RIS Walk 60 Supports George Washington Women's Heart Center**

Washington, DC [January 26, 2012]—**Ris Lacoste**, chef and owner of the nationally acclaimed West End restaurant, [RIS](#), is taking to the streets of downtown DC to walk an hour a day for a healthier, happier 2012. Beginning Wednesday, February 1, the first day of [American Heart Month](#), Ris will walk from 12 noon to 1pm following a designated daily route that originates from her restaurant, RIS, at the corner of 23rd and L Streets, NW. Anyone who wishes to join her in this hour long commitment to better health is welcome. The walking route will be listed daily on [www.risdc.com](#), as well as the restaurant's [Facebook](#) and [Twitter](#) pages.

The new program, dubbed **RIS Walk 60**, is not just for Ris' health, but for a heart-healthy cause. For every mile walked, Ris is asking walkers to donate \$1 to the George Washington Women's Heart Center. "The program's mission is to save lives and improve the quality of life for women at risk of cardiovascular disease in Washington, DC," said program director **Dr. Jannet Lewis**, M.D. Anchored by five outstanding cardiologists and leaders in their fields, the program has a special interest in reducing the prevalence of cardiovascular disease in women. "Although heart disease is the leading cause of death among women, many women do not understand their greatest health threats," she added.

Ris' mother died of heart disease in 2010, making the cause all the more personal. "As a chef I realize I am in the unique position not only to feed people fresh, whole foods, but also to walk with them on the path to better health," Ris added, "I hope that everyone will join me as we walk together for our own health and the hearts of the women we love."

Ris will document the progress of the **RIS Walk 60** program through the restaurant's social media. The goal of the program is to walk 25,000 miles in 2012 to raise \$25,000 for the GW Women's Heart Center. For more information visit RIS online ([www.risdc.com](#)) or call (202) 730-2500. Shareable maps can be found for each day here: [Monday](#); [Tuesday](#); [Wednesday](#); [Thursday](#); and [Friday](#).

RIS is the heart of Washington's West End neighborhood, open regularly Monday through Friday for lunch from 11:30am until 5pm and for dinner from 5pm until 11pm. On Saturday dinner is served from 5pm until 11pm. Sunday brunch is available from 10am until 3pm with late lunch offered from 3pm to 5pm and dinner from 5pm until 9pm.

###