



NEWS RELEASE

Aug. 3, 2010

Contact

Tonita Perry
Eaddy Perry & Associates, Inc.
704-965-6956
tperry@eaddyperry.com
for Peggy Llewellyn

FOR IMMEDIATE RELEASE

PEGGY LLEWELLYN FEATURED IN AUGUST/SEPTEMBER ISSUE OF *Heart & Soul* MAGAZINE

(SAN ANTONIO, Texas, Aug. 3, 2010) – NHRA Pro Stock Motorcyclist and first woman of color to win a professional motorsports event Peggy Llewellyn is featured in the August/September Issue of *Heart & Soul* magazine.

Llewellyn shares her workout regiment, which helps keep her fit and fast on the quarter mile track.

"A feature in *Heart & Soul* magazine is such in honor for me and the sport of NHRA drag racing," says a flattered Llewellyn. "I love to share my fitness routine, which allows me to stay in shape in order to handle the bike, which is like a missile going down the track at 190 mph in 6 seconds!"

"It also allowed me to explain that being in tip top racing form is not only about the physical aspect, but exercise also helps the mental aspect of my job in order to to compete at an optimum level."

Heart & Soul magazine is the pre-eminent brand to promote the physical, mental, spiritual and financial well-being of black women and their families. A trusted source, the magazine directly impacts its target audience by serving as an essential guide to healthy living. It uses the highest standards, best resources and top experts in delivering cutting-edge information and service to capture the heart & soul of every woman.

The magazine can be purchased from newsstands today.

#



Post Office Box 23258 - San Antonio, Texas 78223



About Peggy Llewellyn

Professional motorcyclist Peggy Llewellyn, of Jamaican and Mexican American descent, is the first woman of color in the world to win a professional motorsports event. Winning at the NHRA POWERade Dallas 2007, she earned an appearance in the inaugural Countdown to 4 and Countdown to 1, giving her a finish in the POWERade top five in standings where she recorded her post-career-best time and speed.

The three year professional motorcyclist ran an abbreviated season in 2008 where she advanced to the semifinals in Denver, finishing the season qualifying five of six races. She sat out the 2009 season due to lack of sponsorship. For the 2010 NHRA season, Llewellyn will set yet another milestone by becoming the first woman of color in the world to ride and own a professional motorsports team.

Named 2009 Female Athlete of the Year by The Elements of a Champion Foundation for displaying extraordinary character on and off the racetrack, Llewellyn is dedicated to her community through actively being involved with Women's Sports Foundation's Go Girl Go! and independently promoting the sport of motorcycle racing, physical fitness education, and following dreams to young girls. She also serves as the celebrity endorser for Divas For A Cure, a unique national service-based 501(c)(3) nonprofit organization of Black and Latina women, who ride motorcycles across country to increase awareness and raise funds to support a cure for breast cancer throughout the year and participate in their signature fundraiser, Divas For A Cure Breast Cancer Motorcycle Run.

For more information, visit www.peggyllewellyn.com.