



For Immediate Release
Contact George Banker
301-839-7957, 301-537-6739 –C
monkbank@comcast.net

PVI RUNFEST 5K10 YEARS RUNNING STRONG

Fairfax, Va., July 16 , 2009 – Save the date, **Sunday, September 20, 2009** at 8:00 a.m., the 10th **Annual PVI Runfest 5K**. The event will start and finish at Paul VI Catholic High School in Fairfax, Va., 10675 Fairfax Blvd. (formerly Lee Highway). The two-loop USATF certified has a couple of gentle rolling hills. The race fosters quality and competition and the PVI community has grown each year with the race. The race is sponsored by Clarke-Hook Corporation.

In the 10 year history the race has managed to raise well over \$100,000 for a number of great causes...most notably the nationally recognized and award winning Paul VI Options Program, which mainstreams special needs students within the high school.

These students enjoy a more complete experience through the hard work of a wonderfully talented staff and literally hundreds of students who volunteer as Peer Mentors. They participate in sports, Special Olympics and all other school events. For more insight on Options, go to <http://www.paulvi.net/academics/options.html>.

An additional contribution will be made to the organization Life with Cancer.

The PVI Runfest 5K leads the way for racing in Northern Virginia and over the years a quality committee has never compromised what is important to the runners (course, competition, etc). Through the years the race continues to meet the needs of the runners.

To register on-line visit <http://www.pvirunfest.com>

Entry fee is \$25 through September 11, 2009 and students (12th grade and lower) \$10. The entry fee goes to \$30 on September 12, 2009 and \$35 on race day September 20, 2009.

Packet pick-up will be held on Saturday , 12:00 – 5:00 pm, September 19th at Paul VI Catholic High School in Fairfax, Va.

Race Day Pick-up will be held on Sunday, 6:30 – 7:30 p.m. September 20th at Paul VI Catholic High School in Fairfax, Va.

Pasta Dinner provided by Ruby Tuesday will be held on Saturday, September 19, 2009, 6:00-7:00 pm at Paul VI High School. The cost is \$10 and there will be prizes, raffles and guest speaker.

“Each year we take another step. We could not do what we do without the athletes. I’m not going anywhere. Without our commitment from our sponsors we can’t make it worth while for everyone. I wanted the runners to crank out the best they could”, stated Race Director, Ed Zigo after the third race in 2002.

“It was good to race with the Kenyans and the competition was good. After two miles I felt a little tired. In the last 800 meters I have speed and I kicked when I came up on the American. I am looking to make the Olympic team for Morocco. I train 120-140 miles per week and run twice a day. My best 1500 meter time is 3:34. The course was fast but you have to train on it” stated record holder Mohammed Aryn (13:54-2003).

“It was very competitive and I did the first mile in 5:05. I was leading up to the second mile when I was caught by Elena Orlova. I wanted to be strong and I was thinking I could win. If I didn’t feel good I was going to stay back and rest and then pass. I have been running for six years. I started in school and I use to high jump and run 800 and 1500 meters. If you train well and are in shape you will win. I passed Elena back with 400 meters to go. I am happy today for the win, stated record holder Atalelech Ketma (16:21-2004).

“The level of competition was impressive, the Africans, former Georgetown runner, and top masters. I was pretty pumped-up just knowing that there were fast women to chase. My tactics were the same as always. Tough course had to conserve on first loop, but I was more confident this year than last year since I have been training harder”, stated record holder, Alisa Harvey (2006-17:27).

Directions: Take Beltway to I-66 West; Exit Route 123 South; Turn right on Fairfax Blvd., (Rte 50, formerly Lee Highway), Left at High School (Oak Street). There is plenty of free parking.

2008 Winners

Open

Jacob Korir	14:22	Alemgana Desta	16:16
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Master

Mark Gilmore	16:15	Alisa Harvey	18:05
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Event Records

Open

Mohammed Aryn

13:54 2003

Atalelech Ketema

16:21 2004

Master

Albert Okemwa

15:07 2006

Alisa Harvey

17:27 2006

Awards:

Top 5 male/female – cash awards and bonus for new event records

Top 3 age group awards in 5-year increments will receive medals.

The top 3 in age groups will be in five year increments.

The first 500 registered runners will receive cool T-shirts.

Volunteer are always welcomed, please contact Linda.rauner@ngc.com or linithicums@cox.net. The volunteers help to make PVI Runfest 5K a success!

For additional race details and to register on-line visit <http://www.pvirunfest.com> or call 703-675-6782.

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