



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

RUNNING STRONG ...10TH PVI RUNFEST 5K... THE DASH FOR CASH

Fairfax, Va., August 18 , 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. Life with Cancer's mission is to "enhance the quality of life of those affected by cancer by supporting, providing, helping, assisting, collaborating and educating people with cancer and their loved ones from diagnosis through treatment and, when necessary, at the end of life and during times of bereavement. For more information, go to <http://www.inova.org/healthcare-services/life-with-cancer-program/index.jsp>

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.

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
-------------	-------	----------------	-------

Master

Mark Gilmore	16:15	Alisa Harvey	18:05
--------------	-------	--------------	-------

Event Records

Open

Mohammed Aryn	13:54	2003	Alemgana Desta	16:16	2008
---------------	-------	------	----------------	-------	------

Master

Albert Okemwa	15:07	2006	Alisa Harvey	17:27	2006
---------------	-------	------	--------------	-------	------

Cash Awards:

Top 5 open Male/Female: \$400-300-200-100-50

Open Bonus for New Record: \$500

Open American Bonus: \$250 Male Under 14:30, Female Under 17:00

Top 5 Master Male/Female: \$200-100-75-50-25

Bonus for New Event Record Male/Female: \$200

There are no duplication of awards.

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 Joanne DeMarco jdemarco3@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.

####