



**For Immediate Release**  
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### **PVI RUNFEST 5K A TRIBUTE TO LANCE CPL NICHOLAS KIRVEN**

**Fairfax, VA., August 18, 2005** - The most competitive 5K in Northern Virginia will return on Sunday, September 18, 2005, the 6<sup>th</sup> PVI Runfest 5K, which starts at 8:00 a.m., and finishes at Paul VI High School. . The race has international appeal to compliment the local runners. The shape of the Northern Virginia running community has been taken to a new level. The top open and master's runners will be going for their share of the \$4,250 in prize money.

The race this year is a tribute to Lance Cpl Nicholas Kirven, U.S. Marine Corps. He was killed in a firefight on May 8, 2005 in an area called Alishang about 60 miles east of Kabul in Afghanistan. He was a squad leader assigned to the 3<sup>rd</sup> Battalion, 3<sup>rd</sup> Marine Regiment, 3<sup>rd</sup> Marine Division, III Marine Expeditionary Force, Kaneohe Bay, Hawaii. His service awards include the Bronze Star with combat distinguishing device, Purple Heart, Combat Action Ribbon, the National Defense Service Medal, Afghanistan Campaign Medal and the Global War on Terrorism Service Medal. Semper Fi.

He lived by the Corps enduring core values, Honor, Courage and Commitment. A son, a brother, and friend to many of Paul VI High School.

Entry fee is \$20 until September 8, 2005. The fee is \$25 and students (12<sup>th</sup> grade and lower) \$10.

Packet pick-up will be held on Friday, 4:00 – 8:00 pm, September 16<sup>th</sup> at Metro Run & Walk, 7516 Leesburg Pike, Falls Church, VA (703-790-3338).

Late registration will be held on Saturday, 12:00 – 6:00 pm, September 17<sup>th</sup> at Paul VI Catholic High School, 10675 Fairfax Boulevard (Rte. 50, formerly Lee Highway), Fairfax, VA (703-352-0925). **Race Day entry fee will be \$30.**

**Returning:** Pasta Dinner provided by Ruby Tuesday will be held on Saturday, 6:00-8:00 pm at Paul VI High School. The cost is \$10 and there will be prizes and 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.

**New:** Race website is <http://www.pvirunfest.com>. Register on-line.

**New:** Race day scoring and results to be provided by Montgomery County Road Runners Club.

**Awards:**

The top 5 male and female overall will receive cash awards plus a bonus for event record.

The top 5 male and female masters will receive cash awards.

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

All registered runners will receive cool T-shirts.

**The event records are:**

Open: Mohammed Aryn 13:54 (2003), Atalelech Ketema 16:21 (2004).

Master: John Tuttle 15:38 (2001), Maria Spinnler 18:35 (2003).

Come out and run with the best and leave the rest. This event offers variety with that community appeal and you bring the family and friends and co-workers. This should be your 5K of choice. There will be lots of random prizes open to all participants.

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

The PVI Runfest is sponsored by Clarke-Hook Corporation, Metro Run and Walk, DCACCESS, Marriott, Merrill Lynch and Nike, along with United Bank, Pohanka, Signs Plus, INTERPUNK.com, The Business Bank, Bishopp Realty, Inc., Panera Bread, Cyron & Miller and Commonwealth Commercial, Inc., Walsh, Colucci, Lubeley, Emrich & Terpak and others.

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