



**For Immediate Release**  
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### **PVI RUNFEST 5K NORTHERN VIRGINIA FINEST**

**Fairfax, VA., July 30, 2006** - The most competitive 5K in Northern Virginia will return on Sunday, **September 17, 2006**, the 7<sup>th</sup> PVI Runfest 5K, which starts at 8:00 a.m., and finishes at Paul VI Catholic High School. The double loop course is USATF certified. 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.

Entry fee is \$20 until September 8, 2005. The fee is \$25 and students (12<sup>th</sup> grade and lower) \$10. The entry fee will be \$25 starting September 9<sup>th</sup> – 16<sup>th</sup>.

Packet pick-up will be held on Friday, 4:00 – 8:00 pm, September 15<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 16<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, September 16<sup>th</sup>, 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.

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

**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), Alisa Harvey 17:48 (2005).

**2005 Winners:**

Open: Nicholas Kurgat 14:58, Elena Orlova 16:49

Master: Mark Stickley 15:49, Alisa Harvey 17:48

“The event was a race-ace and I rested fro it. There were some tough hills and they felt like hills. The down hills were hard. I controlled myself today and ran comfortably”, stated master’s winner Alisa Harvey after setting a new record (2005-17:48).

“I recall enjoyed the course because it seemed to have a little something for every type of runner..some hills for the strength runners to push and plenty of down hills for the speedy people”, stated Christina Wells of Woodbridge, Va., (2005- 18:18 fifth place).

“It was nice being back in Northern Virginia racing scene. The level of competition was steep! Those girls are fast- I was lucky to scrape into the top 5 – thanks to Alisa for being a master. I remember going through the first mile in 5:50 just behind Alisa and Amy Blanco”, stated Meg Letherby of Boulder, Colorado (2005-18:52).

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, DC Access, Marriott, along with Pohanka, Signs Plus, The Business Bank, Panera Bread, Cyron & Miller and Commonwealth Commercial, Inc., and others.

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