

FOR IMMEDIATE RELEASE November 3, 2009

CONTACT: Emma Bagnell, Race Director

Superhero 5K Sunday November, 1 – 2009

Superhero's a Plenty in Central Square

On a perfect fall day with temperatures in the mid-50's, 357 runners took to the starting line for an 11:00am start to run the first Annual Superhero 5K.

The **Superhero 5K Run/Walk** attracted many local runners to come out and run, the uniqueness of the event also attracted some folks to travel from Rhode Island, New York and Vermont, with even weekend visitors from Cincinnati, Ohio excited to try this race experience.



Runners were treated to technical t-shirts with fun race logo, and also Goody Bags with a variety of goods from our sponsors including Goody Hair Elastics, LUNA Bar, Clif Bar, and POP Chips. Post Race massage was provided by Sports and Physical Therapy Associates.

HAVE2RUN productions was thrilled by the success of the Superhero 5K and even more thrilled to make a donation to both the **Women Sports Foundation** and **On the Rise. Women Sports Foundation** mission is to advance the lives of girls and women through sport and physical activity. **On the Rise** is a unique and effective day-time program that is a lifesaving resource for nearly 300 women each year who are homeless or in crisis in the Greater Boston area.



"Overall one of the best races I've done this year especially for a 1st annual. The runner ""swag"" was great and the raffle was a super idea too and so many winners. I felt like this race was actually about having fun as so many runners got into the costumes." Aime, Somerville

The Race was won by Mark Gomes of Boston with a time of 18:02, the first female was Dotsy Zirkle of Brookline with a time 19:11.

(Right) Mark Gomes #1728 of Boston, time 18:02; (Center) Michael Schwandt #303 of Boston, time 18:18; and (Left) Paul Schrimpf #156 of Cambridge, time 18:34.

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Complete Race Results are available online at:-

http://www.coolrunning.com/results/09/ma/Nov1_Superh_set1.shtml

The 2010 Superhero 5K will be on Sunday October 31st, find out more at www.have2run.com