



FOR IMMEDIATE RELEASE October 21, 2009

CONTACT: Emma Bagnell, Race Director

Superhero 5K Sunday November, 1 – 2009

The First Annual Superhero 5K Run/Walk

The **Superhero 5K Run/Walk** is a fun-run 5K road race event that welcomes the newest runners to elite runners, all ages, and all speeds. Our race focuses on community and camaraderie, and is an opportunity for our participants to not only set their personal goal and achieve it but to do so (if they choose) dressed as their favorite Superhero.

The **Superhero 5K Run/Walk** is brought to you by **HAVE2RUN productions** is committed to organizing high-quality, medium-large scale fun events while supporting the Local Community and worthy causes.

In addition to the fitness benefits and pleasure derived from running or walking, participants will support 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.

"We are very excited to be able to support both the Womens Sports Foundation and On the Rise – the work that these organizations do make them a hero in the eyes of the people they serve, so we see them as a perfect fit for benefitting from the Superhero 5K" Emma said.

The race is held on Sunday, November 1st. in Central Square, Cambridge at Pacific Street Park which is located at the corner of Pacific Street and Sidney St. The entry fee for the run/walk is \$25 for an individual, \$90 for a Fantastic Four team, \$165.00 for Magnificent Seven team. The entry fee includes a technical t-shirt, D-Tag timing, post race refreshments and a fabulous goody bag with goodies donated from our amazing Sponsors. Fees do increase on Race Day so pre-registration is encouraged.



Registration for the run/walk is from 9:00-10:45 a.m., with the run starting promptly at 11 a.m. Awards will be presented at 12:30 p.m. to the top finishers in each age division. There will also be Cash Prizes for the Best Costumes. Race results will be posted on CoolRunning after the race.

"New England is a runners mecca, it has many cities/towns that offer races with many options for runners of all levels to take part in races of all distances" Emma said. "The First Annual Superhero 5K run/walk gives our participants a platform for not taking themselves so seriously, everyone loves costumes, it is Halloween everyone has their favorite Superhero from when they were growing up. Our 5K is a unique way to enjoy Halloween. Many of our participants have not run a 5K before they have selected the Superhero 5k as their first road race – we think the fun element of costumes appeals to them"

A registration form, route map, and more information are available on HAVE2RUN productions website at www.have2run.com, you can also contact us at info@have2run.com.