

Media Contact

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MEDIA ALERT: Sunday, April 10, 2011 (7:30am to 11 a.m.)
2011 Seahawks 12K Run at The Landing

***Second Annual 12K Run, 5K Run/Walk and Seahawks Play 60 Kids Run at The Landing;
Thousands expected to turn out to show their Seahawks spirit on the shores of Lake
Washington***

Lace up your running shoes, dust off your Seahawks apparel and gather your friends and family – it's time for thousands of runners and walkers to come to The Landing and take to the streets of Renton for the second annual Seahawks 12K Run at The Landing. Please join us as people from all over the region, of all ages, don their Seahawks spirit on Sunday, April 10th for this athletic occasion.

The Seahawks 12K will include a 12K run, a 5K run/walk, a non-competitive Seahawks Play 60 Kids Run, appearances from members of the Seahawks organization and family-friendly activities for all ages. Proceeds for the event will benefit the Renton Skyway Boys and Girls Club.

The 12K route offers the unique opportunity to run along the Southeast shore of Lake Washington and around the Seahawks training facility, the Virginia Mason Athletic Center (VMAC). The 5K course is a flat and fast run through the South Lake Washington neighborhood and the Kids Run is within the confines of The Landing.

What: The outdoor event will feature:

- Seahawks 12K Run (start and finish at The Landing)
- 5K Run/Walk (through South Lake Washington neighborhoods)
- Seahawks Play 60 Kids Run (contained within The Landing)
- Blitz, the Seahawks mascot
- The Sea Gals, the Seahawks dance team
- Blue Thunder, the Seahawks drum line (WHAT)
- Fun for the whole family, including bounce houses for kids!

The Seahawks 12K Run at The Landing will benefit the Renton/Skyway Boys & Girls Club. The Renton/Skyway Boys & Girls Club gives kids a place to call their own, where they can have fun, get a healthy snack, be creative, be a part of a team, get help with homework...or just hang out with friends.

When: **Sunday, April 10, 2011 at 7:30 a.m.**

Schedule:

- 7:30 a.m. to 8:45 a.m. - Day of race registration
- 7:30 a.m. to 9:00 a.m. - Participant packet pick up
- 9:00 a.m. - Start of Seahawks 12K Run and Valley Medical Center 5K run/walk
- 10:00 a.m. - Speaking program/awards presentation featuring Renton Mayor Denis Law
- 10:30 a.m. - Start of Seahawks Play 60 Kids Run (open to all kids 10 & under)
- 9:00 a.m. - 11:00 a.m. - Kid's Zone activities including bounce houses

Who: Media are invited to attend the event and see thousands of Renton-area runners (the majority of participants come from outside of Renton) line-up to race around The Landing to the VMAC and the Southeast shore of Lake Washington. *

** Interviews and photo opportunities can be arranged for the day of the event*

Location: The Landing in Renton
828 North 10th Place
Renton, WA 98057

Online: www.seahawks12Krun.com