



Parks and Recreation Department
Chesapeake
VIRGINIA
Take a Break. . . .Recre-8!TM



FOR IMMEDIATE RELEASE
December 27, 2008

FOR MEDIA INFORMATION:
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**Chesapeake Parks and Recreation and Kale Running
announce the 3rd annual Dismal Swamp Stomp presented by
Chesapeake Regional Medical Center**

--Saturday, April 18, 2009, beginning at 8 a.m.--

Chesapeake, VA: Chesapeake Parks and Recreation Department and Kale Running are proud to announce the third running of the Dismal Swamp Stomp Half Marathon. This annual event is proudly presented by the Chesapeake Regional Medical Center. Also returning this year is the children's half-mile Cub Run, which is generously sponsored by Old Point National Bank.

Slated for April 18, 2009, the 13.1-mile foot-race follows a straight and flat course along the beautiful Intracoastal Waterway on the Dismal Swamp Canal Trail in Chesapeake. With \$8,000 in prize money, the addition of a walking category and the return of the children's half-mile Cub Run, this event provides something for all running abilities and is the perfect venue for a fun and fitness-oriented family outing.

Sanctioned by USA Track & Field (USATF), the out-and-back race begins at 8:00 a.m., with 3-, 6-, and 10-mile split points, as well as the finish, being timed with the state of the art Chronotrack disposable D-tag timing system. Participants will be pleased to find that they will no longer be corralled at the finish in order to collect their chips, making for a much more free flowing and easy to navigate finish area. Participants are encouraged to stay for the camaraderie, great food, prizes, awards and entertainment provided at the post-race party.

Early registration is \$50 per-person and may be completed online at **www.dismalswampstomp.com**. Regular registration, after January 31, 2009, will be \$55. A total prize purse of \$8,000 will be awarded to the top 5 overall male and female finishers, as well as the top overall masters' male and female finishers.

The Dismal Swamp Stomp Half Marathon is produced by Kale Running and Chesapeake Parks and Recreation Department. For more information, please call Kale Running at 757-373-4174, or visit us on the web at **www.dismalswampstomp.com**.