



Parks and Recreation Department
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FOR MEDIA INFORMATION:
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The Dismal Swamp Stomp Half Marathon Gets Greener

Chesapeake, VA: The Dismal Swamp Stomp Half Marathon presented by the Chesapeake Regional Medical Center and KaleRunning.com are proud to announce the use of plantable seed paper bib numbers for this year's event.

Going the extra mile in preserving our environment, the Certified Virginia Green Event has chosen to utilize a new vendor, emediagroup, to provide racing bibs that can be soaked in water and planted at the participant's home, yielding wildflowers to commemorate their accomplishments. The Dismal Swamp Stomp is the first event in Virginia to utilize the new plantable seed paper bibs, according to Heather Peters of emediagroup. Most events utilize a Tyvek bib number which participants typically throw away when their event is over.

Slated for April 18, 2009, the 13.1-mile foot race follows a straight and flat course along the beautiful Inter-coastal Waterway all within the Dismal Swamp Trail Park 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 race has something for all running abilities and provides a great 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. 3, 6, and 10 mile splits, 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 random prizes, awards and entertainment provided at the post race party.

Registration is \$55 per person and may be completed online at www.dismalswampstomp.com.

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 at or click on www.dismalswampstomp.com.

