



FOR IMMEDIATE RELEASE
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FOR MEDIA INFORMATION:
Ann Hupp 757/373-4174

The Dismal Swamp Stomp Half Marathon Announces Elite Running Field

Chesapeake, VA: The Dismal Swamp Stomp Half Marathon presented by the Chesapeake Regional Medical Center and KaleRunning.com are proud to announce the most competitive elite field in the Swamp Stomps history.

Worku Beyi of Ethiopia, leads a deep and talented men's elite division, With a career best half marathon time of 1:01:57. New to the professional distance ranks, Japheth Kipkirui Ng'ojoy of Kenya, comes from the NCAA (UTEP) where he has run a 28:24:48, 10,000 meters. Demesse Tefera (1:02:47) and, Gurmessa Megersa (1:03) both of Ethiopia, James Boitt (1:03) of Kenya and the recent winner of the ING Georgia Marathon, Abraham Ng'etich (1:05:52) of Kenya and Patrick Cheruiyot (1:05:01) of Kenya round out the men's elite field.

The women elite division is equally impressive with all participants having run a half marathon under 1 hour and sixteen minutes. Hirut Manfredo of Ethiopia won the National Marathon in Washington DC with a time of 1:15:36, setting the women's record by 55 seconds. Alemstehay Misganaw of Ethiopia was last year's winner at the Half Marathon in Richmond and has a career best time of 1:12:48 in the Philadelphia Distance Run Last September. Also from Ethiopia, and wife to Men's Elite Worku Beyi, Buzunesh Deba ran the Naples Half Marathon on January 18th in a time of 1:13:24:87. Kenyan Divina Jepkogei finished The Oaks Half Marathon in 1:14:58 on September 1, 2008 and won the Mississippi Blues Marathon In January. The women's field is rounded out with fellow Kenyons Hellen Jemutia and Ndungu Rahab.

The Master's Field is headlined by Virginia's own John Piggot, who ran last year's OBX Half Marathon in 1:14:50. Also in the master category is Alexey Korobov of Russia, who ran the Crescent City Classic 10K in 32:18.

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Page 2

The men and women elite runners will take home prize money for the top five finishers. First place will take home \$1250 and second place will receive \$800. The final three places will receive \$625, \$425 and \$225 respectively. Masters participant prize money is broken down to \$200 for first, \$150 for second and \$100 for third. The top three local men and women have been allocated prize money in increments of \$100 for first, \$75 for second and \$50 for third.

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.

