



Parks and Recreation Department
Chesapeake
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FOR MEDIA INFORMATION:
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**The Dismal Swamp Stomp welcomes back Title Sponsor and Announces
Charity Partners**

Chesapeake, VA: The Dismal Swamp Stomp Half Marathon produced by the City of Chesapeake's Parks and Recreation Department and Kale Running are proud to announce Chesapeake Regional Medical Center as the Title Sponsor of the 4th Annual Dismal Swamp Stomp Half Marathon. After being the Title Sponsor for the first three years of the event, Chesapeake Regional has agreed to continue its partnership with one of the City of Chesapeake's Signature Events. "We are over overjoyed by their decision to continue with their support of this event," said Race Director Ann Hupp. She continued, "They have been such an integral part of this event and the community; it would be hard to imagine this event without them."

The Dismal Swamp Stomp Half Marathon has chosen two local charities to receive proceeds from the event, Chesapeake Cares and Our House Families.

Chesapeake Care provides health care services to employed individuals or individuals with inadequate income who cannot afford health care and who do not qualify for other assistance programs or have health insurance. More information on this charity can be found at chesapeakecare.org.

Our House Families helps prevent homelessness. By providing tangible resources to families in crisis, we help families avoid homelessness, eviction or essential utility cutoff. More information on this charity can be found at ourhousefamilies.org.

Slated for April 17, 2010, the 13.1-mile foot race follows a straight and flat course along the beautiful Intracoastal Waterway all within the Dismal Swamp Trail Park in Chesapeake. With \$4,000 in prize money, the addition of a walking category and the return of the children's half mile Cub Run presented by Old Point National Bank, 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 are encouraged to stay for the camaraderie, great food random prizes, awards and entertainment provided at the post race party.

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.

