



FOR IMMEDIATE RELEASE:

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COASTER RUN 5K LAUNCHES 2009 SOUTHERN CALIFORNIA ROAD RUNNING CHAMPIONSHIP SERIES



BUENA PARK, CA—Southern California USATF is pleased to announce its 2009 Road Running Championship Series will kick-off with the **Coaster Run 5K** on Sunday, March 15, in Buena Park.

The popular 5K also hosted the first Southern California USATF Road Championship in more than 20-years last April, which attracted some of the area's top runners. The 2008 winner of the Elite Women's 5K race was **Midori Sperandeo**, who also ran in the 2008 U.S. Olympic Marathon Trials in Boston, MA. The 2008 Elite Men's 5K winner was **Christian Hesch**, a versatile runner who also took top honors at the 2008 Southern California Half-Marathon Championships held in conjunction with the Long Beach International City Bank Half Marathon in October.

For 2009, the Coaster 5K race date has been moved one month earlier to **Sunday, March 15**, promising ideal, cool racing conditions. The flat USATF-certified 5K course is perfect for runners striving to run personal bests. Produced by Renegade Racing, the race is a fund-raiser for the Speech & Language Development Center and also includes a 10K (which is not a USATF Championship) and a 1K Kids Walk/Run.

Race day registration, the start & finish, and post-race Expo are all located at Buena Park's famous **Knott's Berry Farm** at 8039 Beach Boulevard. Entry standards are 17:00 for men and 20:00 for women for the Elite 5K Race, which features cash prizes for the top-5 male and female finishers.

PRIZE MONEY: 2009 COASTER RUN ELITE 5K: (Men and Women)

1st Place \$400, 2nd \$250, 3rd \$150, 4th \$100, 5th \$50, *USATF Championship Medals to places 1-10*

In the Open 5K race, the top-3 USATF member finishers in the traditional men's and women's 5-year age groups will receive **gold-silver-bronze USATF Championship Medals**. What's more, all 5K/10K participants will receive 1/2 price entry to **Knott's Berry Farm**. Those raising \$100 or more in donations for the Speech & Language Development Center will earn free entry to the park.

SCHEDULE OF RACES

7:30 am Elite 5K Race

7:45 am Open 5K Run/Charity Walk

8:00 am Open 10K Race

9:00 am Camp Snoopy Kids Run/Walk

9:30 am Awards Ceremony

TO ENTER ON-LINE, VISIT: <http://www.coasterrun.com/>

5K Elite Race Contact:

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