

NEWS RELEASE



FOR MORE INFORMATION, CONTACT:

Toni Gianforti 443-573-0914
Email: marketcomm@mowcm.org
Web Site: www.mealsonwheelsmd.org
Address: 515 South Haven Street
 Baltimore, MD 21224

FOR IMMEDIATE RELEASE – SEPTEMBER 17, 2008

MEALS ON WHEELS OF HOWARD COUNTY PRESENTS THE 1ST ANNUAL 5K & 1 MILE FUN RUN/WALK

BALTIMORE, MD – Looking for a fun, family-oriented event right in your own backyard? This event is for you! Whether you are a runner or walker, the Meals on Wheels of Howard County 1st Annual 5K & 1 Mile Fun Run/Walk is a great way to enjoy outdoor exercise, spend time with family and friends, and give back to the community. The event is scheduled for **Saturday, November 8, 2008, 9:00 a.m., at Meadowbrook Park, 5001 Meadowbrook Lane, Ellicott City, Maryland 21043 (off of Route 100).**

W. R. Grace & Co. is lead sponsor for the event. Six two-person teams of W. R. Grace & Co. employees deliver meals every other Wednesday to clients of Meals on Wheels of Howard County. Platinum Sponsor is **Walmart**. In-kind sponsors are **FIJI Water; Harris Teeter;** and **Howard County General Hospital**. Media partners are ***The Baltimore Examiner; Modern Babies and Children; and Generations.***

Registrations for the 5K race are \$25 prior to October 1, 2008; \$30 after October 17, 2008; and \$35 on Race Day. Race Day registration on November 8 is 7:30 a.m. – 8:30 a.m. The 1 Mile Family Fun Run/Walk is free for ages nine and under; \$10 for ages 10 and up.

To register on-line, log on to www.charmcityrun.com. For more information, call Debbie Brown, 1-866-558-0827, Ext. 10929, or log on to www.mealsonwheelsmd.org