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METRO RUN & WALK AND SPRINGFIELD DAYS ANNOUNCE A NEW LOCATION FOR THE SPRINGFIELD 15K / 5K RACE

All race activities moved to Lake Accotink Park.

Springfield Virginia, May 25: The inaugural running of the Springfield 15K / 5K race will be held the morning of June 6 in conjunction with the Springfield Days weekend festival. The race location has been moved from Lee High School to Lake Accotink Park.

For more than 20 years, Springfield Days has been an annual celebration of all that Springfield has to offer. Starting this year, the weekend also features a Sunday morning running event that will add an exciting boost for the surrounding community.

The new Lake Accotink Park location will make for a terrific running event, and the race features some special touches always appreciated by race participants:

- Race day HQ and the start/finish line will be in the marina area
- The 5K route is on scenic, shaded roads in the park and the surrounding Crestwood neighborhood, and is suitable for both the competitive and casual participant
- The 15K runners continue on to take in the Lake Accotink trail, a beautiful rolling lakeside trail offering soft footing and lake vistas
- Park shelters overlook the finish area, providing a great amphitheater for watching the finish
- Post race food will be provided by Panera Bread and Trader Joe's
- A massage tent will be available courtesy of Positively Chiropractic
- Live music, and more.....

The race is directed by Mark Russell, who, with his wife Helen, owns Metro Run & Walk, a running & walking specialty retail store in Springfield Plaza. Mark envisions an annual signature event for the southern county area, "The response to this race has been outstanding. The community has really come out in support of this idea in terms of financial and in-kind sponsorships, community enthusiasm, and race registrations. We're looking at 400-500 runners for our inaugural year, and quality races can easily double and then double again for the first couple of years."

Bruce Waggoner, Springfield Civic Association Vice President and Course Marshal for the race, explains a special feature for this year's event, "Our race is run on D-Day this year. Given the intertwined nature of the Springfield and military communities and our proximity to Ft. Belvoir and other federal installations, we thought it only natural to commemorate the day and honor our Armed Forces."

Runners can register by mail, at Metro Run & Walk, or online.

Silver and Bronze sponsors include Positively Chiropractic, Rocket Communications, and T-Mobile, as well as Capital Running Company, Marriott, Panera Bread, Trader Joe's, and the Washington Mystics.

For more information on the Springfield 15K / 5K, Metro Run & Walk, and Springfield Days, hit:
www.RunSpringfield.org www.MetroRunWalkSpringfield.com www.SpringfieldDays.com

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If you'd like more information about this topic or would like to schedule an interview, please contact Mark Russell at 703-913-0313 or MetroRunWalk.Mark@gmail.com.