



7AM – 2PM

SUNDAY

10-10-2010

WALK & RUN for the Animals

Friends of Long Beach Animals *An All-Volunteer, Non-Profit Organization*

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Please do not announce this number on the air

FOR IMMEDIATE RELEASE

PRESS RELEASE

Who & What: Friends of Long Beach Animals 10-10-2010 WALK & RUN for the Animals

Where: Marina Green in Downtown Long Beach, at Shoreline Drive and Linden, across from the Long Beach Arena.

When: Sunday, October 10, 7 a.m.– 2 p.m.

How: Hourly staggered starts begin at 7:30 a.m. with the 10K RUN, followed by the 5K RUN at 8:30 a.m. toward the pier, opening ceremonies at 9:00 a.m., with 2K/5K WALK at 9:30 a.m. to the Lions Lighthouse for Sight and back. Participants and spectators will also enjoy people- and pet-safety exhibits, vendors, costume contest, agility demonstrations, and multicultural entertainment.

Why: To help fund low-cost spay/neuter, medical attention for special needs of shelter animals, disaster relief for animals, and humane education.

In one day, you can walk your dog and unleash help for Long Beach animals at the same time. If you don't have a pet, you can still walk or run for a great cause, and help fundraise online.

Friends of Long Beach Animals invites you to the 10-10-2010 WALK & RUN to Promote Life Safety for Pets and People. The event will be held Sunday, 10-10-2010 at Marina Green in Downtown Long Beach, at Shoreline Drive and Linden, across from the Long Beach Arena.

Registration begins at 7 a.m. with staggered starts at 7:30 a.m. Entry fees for walkers and runners before October 10 is \$25 and includes water, event T-Shirts, doggie bags, and prizes.- \$30 registration on October 10. The 2K/5K Walk will start at scenic Long Beach Marina Green and follow a route around the Lions Lighthouse for Sight with a view of the Queen Mary, and more. The 5K/10K Run (a great tune-up for the Long Beach Marathon) also begins at Marina Green, near the Shoreline Marina, proceeds along the beach route past the Belmont Pier, and then circles back to the starting point.

Honorary WALK leaders – and favorite faces of the Top Dogs vs. Cool Cats fundraising campaign – are Nancy Foster with Noah, Long Beach's First Feline, and preferred play-date pooch Annie with Blair Cohn, executive director of Bixby Knolls Business Improvement Association.

PETCO sponsored event participants and spectators alike will be treated to people- and pet-safety exhibits, vendor samples, agility demonstrations, Lions Project for Canine Companion Independence, Therapy Dogs International, costume contest, and much more. OUTASIGHT – Pure Acapella Blind Trio, representing Blind Start of America (www.BLINDSTART.org), will perform the national anthem, doo wop, and Latin selections. Ballet Folklorico Maria and break-dancing by Homeland Cultural Center performers will feature Mike "Iceman" Rivera and inspirational performer Ottis Smith—something for everyone!

For information, online registration and donation visit www.folba.org or call Friends of Long Beach Animals at 562.988.SNIP (7647).

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