



PUBLIC SERVICE ANNOUNCEMENT

**FOR IMMEDIATE RELEASE:
September 30, 2008**

**CONTACT:
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Fall Festival Fitness Challenge Swim, Bike, Run, and Walk Bakersfield 2,000 Miles in One Day!

Can we run, walk, swim, or bike 2,000 miles in one day? To make this happen, we need your help! This unique fitness challenge allows participants to choose the activity and the distance. Walk a little or a lot, you set the pace but every bit counts towards Bakersfield's "2,000 Miles in One Day" fitness goal. Participants will track their own distance for each event and all entries will be added together for the grand total. Don't miss this opportunity to prove that Bakersfield residents are active and able to meet this challenge! The event is sponsored by the City of Bakersfield Department of Recreation and Parks, Terrio Therapy-Fitness, CSUB P.E.A.K. Department, and Bike Bakersfield. Proceeds from this event will benefit the League of Dreams-Adaptive Sports Leagues where children with all types of disabilities have a chance to play.

Date:	Saturday, October 25th, 2008
Run/Walk Location:	The Park at River Walk & Bike Path 11200 Stockdale Hwy
Swim Location:	McMurtrey Aquatic Center 1325 Q Street
Registration:	7:00 am – 8:00 am
Start Time:	8:00 am
Entry Fee:	\$10 Pre-Registration \$15 Day of Event
Pre-Registration:	Due by October 20, 2008
Breakfast:	10:00 am – 10:45 am
Results & Raffle:	11:00 am – The Park at River Walk
Distance Log's:	Must be turned in by 10:45 am to be counted
Registration Forms are available on the City's Website: www.bakersfieldcity.us or by calling Terrio Therapy-Fitness 663-9675	