48TH ANNUAL SEASIDE BEACH RUN

FOR IMMEDIATE RELEASE

48TH ANNUAL SEASIDE BEACH RUN SCHEDULED FOR SATURDAY, JULY 19, 2014 WELCOMES ROYAL CITY, WASHINGTON XC TEAM

Seaside, OR - July 3, 2014 - Fit To Be Teens, Inc., the organizers of the Seaside Beach Run, are excited to welcome the cross-country team from Royal City, Washington; the group of 25 young athletes, includes elementary, middle school and high school students, who will be traveling over miles to our historical community event. We wish them all the best of luck. But coming from Central Washington, they don't have much experience running in sand. Should our own local students show them how it's done? Any students who are willing to represent their school and community in a friendly competition can contact us for further information.

This year's Seaside Beach Run is scheduled for **Saturday, July 19, 2014**; the course will begin and end at 12th Avenue at the North Prom beach access, and the entire event will be held on the beach to avoid traffic safety concerns and to celebrate Seaside's coastal beauty. The Seaside Beach Run offers several events to meet the needs of a broad range of runners and walkers; events include 5K and 10K beach runs, timed and non-timed 5K walks on the historic Promenade in Seaside, and a free "Kid's Sand Dash" and Treasure Hunt for children under 12 years old—with prizes awarded in several age groups.

At the conclusion of the event, Sunset Family Fitness will be hosting an awards ceremony and free picnic lunch for all participants, family and friends with drinks, and pizza provided by **Fultano's**. The awards picnic will be held at Goodman Park, located on the corner of 12th Avenue and Necanicum Drive, just blocks from the finish line. Among some of the prizes to be awarded are gift certificates to **Pig N Pancake**, and a complimentary stay at **Inn at Seaside** and **Riverside Inn at Seaside** – Seaside's newest hotel along the Necanicum River.

Fit To Be Teens Inc. is a 501 (c) (3) non-profit organization that is proud to welcome its sixth year of hosting the Seaside Beach Run—a unique community tradition that began in 1966. Continuing with the precedent we set in 2010, all net proceeds from this year's event will be used to provide free fitness center memberships to Clatsop County middle and high school students—which is our way of combating childhood obesity by both increasing awareness and providing access to a practical solution. As a result of last year's Seaside Beach Run, we were able to offer over seven hundred Clatsop County students free access to a large full-service commercial fitness facility—and to date, over 200 students are already enjoying this benefit (and this number is steadily growing as we continue to get the word out to the community). In light of recent staff and program cutbacks at our local schools, it is more important than ever for the community to provide fitness and extra-curricular activities for our youth.

Contact: Michelle Brannon
Fit To Be Teens, Inc.
(503) 738-8304
michelle.brannon@SeasideBeachRun.org

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