



Calvert County NEWS

175 Main Street
Prince Frederick, Maryland 20678
Phone: 410-535-2003
www.calvertcountymd.gov

Board of Commissioners

Earl F. Hance
Mike Hart
Thomas E. Hutchins
Kelly D. McConkey
Steven R. Weems

FOR IMMEDIATE RELEASE

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Contact: Sarah Ehman, Public Information Program Manager
410-535-2003 Sarah.Ehman@calvertcountymd.gov

Heather Skyrn, Public Information Program Assistant
410-535-2003 Heather.Skyrn@calvertcountymd.gov

Put on Your Running Shoes and Get Moving for a Good Cause

PRINCE FREDERICK, Md. – Oct. 4, 2019 – The Calvert Alliance Against Substance Abuse (CAASA) will hold a Step-by-Step 5K Fun Run/Walk in Solomons to fund CAASA programs provided to citizens. The event will be held Saturday, Nov. 2 beginning at 9 a.m. with check-in time at 8 a.m. Free T-shirts will be distributed to the first 100 paid registrants and refreshments will be provided.

Cost for the Step-by-Step 5K Fun Run/Walk is \$30 in advance or \$40 the day of the race. CAASA and Chesapeake Bay Running Club members pay \$25 and students younger than 21 pay \$20.

This all-ages event will feature something for every member of the family including a half-mile Super Hero Dash for children 6 years and younger, prizes for best superhero costume and awards for runners in all age categories.

The Super Hero Dash begins at 8:15 a.m. with check-in time at 7:45 a.m. Cost for the children's event is \$10 per participant. The first 25 paid participants for the Super Hero Dash will receive a superhero cape. No dogs or pets. Parents are allowed on the course with children. Participants are encouraged to dress in their favorite superhero costume (be sure they are safe to run in). Super Hero Dash participants do not receive a T-shirt.

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For information about this event, call the Calvert Alliance Against Substance Abuse, Inc. at 410-535-1600, ext. 8806 or 410-535-3733. Citizens can also register for the event online at runsignup.com/CAASA5k.

Find information on Calvert County Government services online at www.CalvertCountyMd.gov. Stay up to date with Calvert County Government on Facebook at www.facebook.com/CalvertCountyMd.

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