

For Immediate Release

**ANNAPOLIS COUNTY RECREATION IS ENCOURAGING RUNNERS TO START
THEIR...WELL, RUNNERS!**

ANNAPOLIS CO., JULY 14, 2010 – One of the Natal Day’s favourite events is fast approaching as Annapolis County Recreation Services staff gear up for the 31st annual Annapolis County Fun Run scheduled for Saturday, July 31st.

The route will remain the same as last year’s with participants starting and finishing the run at the Municipal building, 752 St. George Street, Annapolis Royal.

“The Fun Run is always a great event for the whole family,” said Annapolis County Warden Peter Newton. “It is a wonderful opportunity for families to play together while practicing some active, healthy activities.”

According to Brian Orde, Annapolis County Recreation Programs Coordinator, this year’s event is promising some great prizes and healthy refreshments upon completion of the run, and it is an event where everyone is welcome to participate. “There is no set fee for the event and it is only as competitive as you want it to be, so bring the whole family and enjoy all it has to offer.” Although there is no fee for this event there will be a donation box at the registration desk where people can make a contribution to the KidSport and Jump Start programs.

The route is approximately 3.8 kms and will go as follows - participants will follow St. George Street towards Annapolis Royal before turning right at the old train station (current Clean Annapolis River Project head office) and continuing toward the old rail bed and around the beautiful French Basin Trail. Follow the French Basin Trail around and back to the rail bed then proceed up School St. back to St. George Street before taking a left back to the Municipal building. The route will be well signed.

“It is important to note that the run begins precisely at 9:30a.m. and there will be very limited run-day registration from 8:30 - 9:15a.m., so it is advisable that people pre-register to avoid the rush,” said Orde. “Registration forms can be downloaded from our website at www.annapoliscounty.ns.ca and mailed, faxed or delivered to the Municipal Building; or you can drop by and register in person where one of our recreation staff will be happy to assist you. Pre-registration cut-off is noon on July 29th.” The first 100 participants to pre-register will receive a free T-shirt.

For more information, as well as a detailed route description and map, please visit our website at www.annapoliscounty.ns.ca or call Brian at 532-3144 or Wanda at 532-2334.

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