

Please Release:

The Sunset 5K at Cabrillo National Monument

Saturday, July 25th 2015 6pm-9pm

The Cabrillo National Monument Foundation

Contact: CNMF- Gerrie Trussell 619-920-2121, cnmfgerrie@gmail.com

NPS- Eileen Martinez 808-343-4651, eileen_martinez@nps.gov

The Sunset 5K at Cabrillo National Monument is a component of the National Park Service's 100 year centennial challenge to "Find Your Park" Move to Improve Challenge, July 25th 2015. This is sure to be an exhilarating outdoor experience.

The Cabrillo Challenge route takes you down 200 feet to the tide pools, then up with a pristine ocean view to enjoy while running/walking the route. Runners will compete for first place awards in both the Men's & Woman's division which will guarantee free admittance into the America's Finest City Half Marathon.

Run, walk or cheer. All participants will receive a numbered bib, event t-shirt and inaugural commemorative medal. After the race, relax and enjoy DJ, Mike On the mike music and dance as the moon comes up. Exaggerated costume contest, food and prize wheel. This will truly be "a Park After Dark" experience that you will not want to miss. \$25. Space is limited, register today!

Event details and schedule

Please arrive at Park between 5:30-6:30pm, Check in begins at 6pm and race begins at 7pm. GATES WILL BE CLOSED BETWEEN 7-8pm so no vehicle entrance or exit! Race route is challenging, on paved road downhill, along the tide pools and back up a steep incline. The view is spectacular! Alternative fun run/walk route is up to the lighthouse. Both qualify for event t-shirts and a commemorative medal.

First Place: Men's & Women's challenge course winners will receive free entrance into the America's Finest City Half Marathon!

Register at Active.com:

<http://www.active.com/san-diego-ca/running/races/cabrillo-sunset-5k-run-walk-2015>

