

Contact:
Terry McDevitt, 210-822-0066
tmcdevitt@mcdevittmedia.com



Media Advisory / Press Conference

Rock 'n' Roll San Antonio Kicks Off Training Season for 2009 Event

What: **Rock 'n' Roll San Antonio** kicks off training Season for 2009.

Announcing 3 new initiatives to get the City of San Antonio involved in this health and fitness goal in advance of the November event:

The Get Fit Challenge - encourages local businesses and organizations to get fit together by forming a team and training for the marathon or half marathon.

Media Marathon Challenge – a friendly competition between local media personalities who will train for the marathon or half marathon while raising money for charity.

Kids Rock San Antonio – a one mile fun run for kids grades K-5 taking place over race weekend, with a pre-event 10 week training program.

When: **Wednesday, May 13, 11am- Noon**

Where: **The Alamodome – South Eyebrow (Fourth Floor)
Parking in Lot A**

Who: **Lucy Diaz**, Event Manager, Rock 'n' Roll San Antonio
Susan Blackwood, Executive Director, San Antonio Sports
Richard Perez, President & CEO, Greater San Antonio Chamber of Commerce

About Rock 'n' Roll San Antonio

The Rock 'n' Roll San Antonio Marathon & ½ Marathon will take place on November 15, 2009. The Marathon & ½ Marathon courses give runners a first-class tour of the city, and travels through many of the city's historic sites and parks. 45 live bands and 30 spirited cheer squads will be staged along every mile of the, scenic 13.1 and 26.2 mile

courses. The event will conclude with a concert, in which all participants receive free entry with their race bib.

A two-day Health & Fitness Expo kicks off race week at the Alamodome on Friday, November 13 and Saturday, November 14. All participants must visit the expo to pick up their race numbers and browse over 100 vendors from the running and fitness industry. To register for the race or for more information about the Rock 'n' Roll San Antonio Marathon & ½ Marathon, visit www.rnrsa.com or call 800-311-1255.