



- For Immediate Release -

**2009 Dash Down Greenville Avenue 5K Date Is Set For Saturday March, 14**

**Dallas, TX (March 17, 2008)** – Dallas based running specialty retailer Run On! announced today that the date for the 2009 Dash Down Greenville Avenue is Saturday March 14, 2009. The date will mark the 13th year of the 5K race which has become one of Dallas' St. Patrick's Day weekend traditions. Registration is available on line at [www.dashdowngreenville.com](http://www.dashdowngreenville.com) and [www.runontexas.com](http://www.runontexas.com) or by picking up a form at any of Run On!'s four metroplex locations.

Prize money for race totals \$1,100 with the first place male and female taking home \$150 each, second place male/female will receive \$100 each and third place male/female will receive \$50 each. In addition the first male who runs the race in under 14:20 will receive a bonus of \$250 and the first female who runs the race in under 17:00 will receive a bonus of \$250.

In 2008 nearly 5,000 runners participated in the Dash Down Greenville Avenue which raises funds and awareness for the North Texas Food Bank. Results from past races are posted on both the Dash Down Greenville Avenue and Run On! websites.

The Dash Down Greenville Avenue is presented each year by Run On!, Two Rows, 100.3 JACK FM, Quick DFW.

**About Run On!**

Founded in 1995 by Bob and Rebecca Wallace Run On! carries shoes and gear from adidas, Asics, Brooks, Mizuno, New Balance, Nike and Saucony. In addition to an extensive inventory Run On! offers classes ranging from a run/walk class to complete Marathon training programs.

Run On!'s sister company, Racing Systems, owns four annual races including the Coppell Stampede 5K, Dash Down Greenville Avenue 5K, Too Cold to Hold 15K/5K and Too Hot To Handle 15K/5K. Annually Racing Systems manages and times over 100 road races per year throughout North Texas.

More information is available at [www.runontexas.com](http://www.runontexas.com).

For more information on Run On! contact Eric Lindberg, Vice President, Triton Sports Management, 214-631-7747 or 214-354-9880 (mobile).