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For Immediate Release

5K to Bar Stool: Training Quips for the Ultimate Beer Run

It's a race to the beer garden at the Fremont Oktoberfest Brew HA-HA 5K

Seattle, WA – May 3, 2010 – Start training early for the 8th annual Brew HA-HA 5K presented by Pyramid Breweries and taking place Sunday, September 26th at 10:00 a.m. The official 5K takes runners from the Solstice Plaza (near N. 34th Street and Fremont Ave North) along the scenic Burke Gilman Trail and Ship Canal and ending at the Fremont Oktoberfest Pyramid Breweries Village Beer Garden.

Regardless of experience, these lighthearted training tips will prepare participants for the ultimate beer run.

- **Register early.** Registration is now open! Pre-registration for the race is \$20 and includes a Fremont Oktoberfest Brew HA-HA 5K t-shirt. Day-of registration is \$30, but t-shirts are not guaranteed.
- **Sign up for a special running division.**
 - *Beer Belly Division:* Got a beer belly? No problem! Beer Belly Division participants will be treated like Oktoberfest royalty. Entrants that jump on the scale and qualify for the prestigious position – men who are +220 pounds and women who are +175 pounds – form this coveted crew. Besides earning the respect and admiration of fellow racers, division members will be honored with the unfair advantage of starting first, and thus ensuring the possibility of getting to the beer finish line before the rest of the pack!
 - *Team Division:* Running and drinking are more fun with friends! Take your drinking buddies to the streets in the four-person team division. The winning team will be determined by average race times.
- **Stay motivated.** Setting realistic goals is an easy way for any runner to stay motivated to complete a race. At the Brew HA-HA 5K, reaching the Pyramid Breweries Village Beer Garden at the finish line is a popular goal set by many race goers. Runners looking for more libations later in the day can visit the Oktoberfest Microbrew Garden, which opens at 11:00am. Advance purchase for the microbrew garden is \$20 and day-of entry is \$25.

Fremont Oktoberfest is a benefit for the Fremont Chamber of Commerce funding local schools, art groups, community events and promoting Fremont as the "Center of the Universe." More information about the Fremont Chamber of Commerce can be found at www.fremontseattle.com.

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