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Hayward Area Recreation and Park District FOR IMMEDIATE RELEASE

JOIN US FOR THE 11th ANNUAL 10K ON THE BAY RUN/WALK

Over 600 expected to participate in this year's event on the Bay Trail

Hayward, CA (August 20, 2014) – The Hayward Area Recreation and Park District's (H.A.R.D.) Hayward Shoreline Interpretive Center (HSIC) will be hosting the annual 10K On the Bay at the Hayward shoreline on Sunday, August 24, 2014. Registration for the run/walk will begin at 7:00 a.m.

The run/walk will consist of two courses – a 5K race starting at 8:30 a.m. and a 10K race starting at 8:40 a.m. Both courses will kick off near the Interpretive Center, head out toward the Bay and circle around Cogswell Marsh. Awards will be given to the fastest runners, male and female overall and different age categories.

Pre-registration fee for the event is \$30 and can be completed online or by downloading and mailing the completed form and check to the HSIC, 10k on the Bay, 4901 Breakwater Avenue, Hayward, CA 94545. T-shirts will be available to those who pre-register by August 11. Participants will also be able to register on-site the day of the event for a \$35 fee. Runners and walkers will enjoy refreshments which will be provided by Berkeley Farms.

Proceeds from this event help to maintain and enhance the educational programs, exhibits, and facilities of the Hayward Shoreline Interpretive Center. Previous year's events allowed the Center to purchase a spectacular 300-gallon saltwater aquarium featuring Bay leopard sharks.

Location and registration details are available by visiting www.10KontheBay.org. For additional information contact the HSIC at shoreline@haywardrec.org or call 510-670-7270.

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