



For information Contact:

Jim Oswald – (415) 552-5113 – jim@oswaldmedia.com, or Stacy Bezyack - (415) 640-7534- runfortheseals@yahoo.com

Online Registration is Open for The Marine Mammal Center's 23rd Annual "Run For The Seals"

(SAUSALITO, Calif. - January 25, 2005): The Marine Mammal Center is proud to present the 23rd annual *Run For The Seals* event, Saturday, March 12, 2005 at Rodeo Beach in the Golden Gate National Recreation Area, Sausalito. The four-mile run/walk begins at 9am and is open to runners, walkers, families with baby joggers and even dogs. Proceeds benefit The Marine Mammal Center. Medals will be awarded to top finishers in various age categories and all registrants will receive a commemorative *Run For The Seals* t-shirt. Runners and supporters will enjoy music from KFOG, some delicious food and coffee, vendor booths and they'll be able to learn more about The Center through docent led tours and presentations from The Center's education department.

"Going into our 30th year of operations, The Marine Mammal Center's *Run For The Seals* continues to be a fun way our volunteers, staff and some 1100 runners from around the country come together to raise money to help us continue our mission of rescues and rehabilitation, and to get a bit of exercise at the same time," said Jim Oswald, The Center's Communications Manager. "In addition to listening to some great music provided by KFOG, spectators and runners we'll be able to take a behind-the-scenes tour of the hospital and for those runners and their dogs, the Marin Humane Society we'll be on site to answer questions about their micro-chip pet identity program."

Online pre-registration for *Run For The Seals* is now open for \$25 through March 10 by logging on to www.runfortheseals.org. Runners may also register for the race by mail for \$27. All entries must be postmarked by midnight February 28 in order for race bibs to be sent out. After that date, bibs can be picked up on the day of race. Race-day registration is available for \$32. Race-day check-in begins at 7:30am on March 12 with the race beginning at 9am. For more information and to register, log onto the website at www.runfortheseals.org or call the race hotline at (415) 289-0188.

Celebrating its 30th year in 2005, The Marine Mammal Center is a non-profit hospital dedicated to the rescue and release of ill and injured marine mammals, and to research about their health and diseases. Volunteers and staff have treated more than 10,000 California sea lions, elephant seals, porpoises, and other marine life. In fact, The Center treats more marine mammals than any other institution of its kind in the world, uniquely combining its rehabilitation program with scientific discovery and education programs to advance the understanding of marine mammal health, ocean health and conservation.

On the Web: www.marinemammalcenter.org