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The Marine Mammal Center Invites You to Run for the Seals!

One of the Bay Area's favorite fun runs celebrates 25 years

(SAUSALITO, Calif. – February 13, 2008) - The Marine Mammal Center invites you to *Run for the Seals*, Saturday, March 8, 2008 at Rodeo Beach in the Golden Gate National Recreation Area, Sausalito. The Center, which rescues and rehabilitates ill, injured, or orphaned marine mammals, is celebrating its 25th anniversary of this popular benefit event. *Run for the Seals* is a self-timed, four-mile fun run/walk that winds through the beautiful ocean-view hillsides of Rodeo Beach in the Marin Headlands. The event is open to everyone including runners, walkers, baby strollers and dogs on leash. Race day registration and check-in begins at 7:30 a.m. All participants and spectators should arrive at Rodeo Beach by 8:30 a.m., before the road closes. Activities prior to the run begin around 8 a.m. and the starting horn will sound at 9 a.m. KFOG radio's Peter Finch will host the event and spin tunes straight from the KFOG archives. San Francisco Giants mascot "Lou Seal" will also be on hand to pose for pictures and kick off the official start of the race.

"A quarter of a century after its inception, The Marine Mammal Center's *Run for the Seals* has become a tradition in the community. It continues to be a fun way for the Center's volunteers, staff and the community to come together to raise money and get a bit of exercise at the same time," said Jim Oswald, The Marine Mammal Center's Communications Manager. "In addition, it's a great way to introduce spectators and participants who were not familiar with us, to the various aspects of our work and to encourage them to become ocean stewards."

Online registration is available now at www.runfortheseals.org through March 3 for \$32. After March 3, register race-day for \$34. Please note that the main road in and out of the Marin Headlands will be closed to vehicle traffic between 8:45 a.m. and 10:45 a.m. so participants should arrive early to enjoy all of the fun and the start of the race.

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The run will start and finish at The Marine Mammal Visitor Center, building 1049 located at Rodeo Beach. A digital courtesy clock at the finish line will enable runners to see their times. The funds saved from timing expenses will pay for a two-month's supply of fish and multi- milk formula for patients. Proceeds from the event will 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. A prize for the best marine mammal costume will be awarded as well.

About The Marine Mammal Center:

Headquartered in the Golden Gate National Recreation Area in Sausalito, California, The Marine Mammal Center is a nonprofit veterinary hospital, research and educational center dedicated to the rescue and rehabilitation of ill and injured marine mammals - primarily elephant seals, harbor seals and California sea lions - and to the study of their health. Patients that become healthy again are released back to the ocean. Since 1975, the Center has rescued and treated more than 13,000 marine mammals and has accumulated a body of knowledge about marine mammal and ocean health from its patients. By educating the public about marine mammals, the Center hopes to foster ocean stewardship and conservation. For more information, visit www.marinemammalcenter.org

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