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**Kentlands\Lakelands 5K Race Spokesperson Carrie Tollefson
Advances to Olympic Semi Finals**

*New Race Spokesperson will Speak at Local Schools
About Overcoming Obesity Epidemic among Americans*

Gaithersburg, MD – August 27, 2004 – The Kentlands/Lakeslands 5K Race Committee announced that Carrie Tollefson, 2004 spokesperson for the September 11th race, has advanced to the Olympic 1500 m Semi Finals in Athens. One of America's top female middle-distance runners, Tollefson will be participating in this year's 5K race when she returns from her Olympic debut in September.

Tollefson, a 5-time NCAA champion, won the U.S. Olympic Trials in the 1,500 meters, and is the only American woman running the event in Athens. Prior to the Olympic Trials, Tollefson was considered a favorite to qualify for the US team in the 5K distance, but failed to make the team when she finished 6th in the finals. Kentlands Community Foundation Manager Bridget Ryder says the selection of Tollefson has as much to do with her proven ability to communicate as her potential to be an Olympic runner.

"The main task of the race spokesperson is to speak at area schools and community groups about fitness and a healthy lifestyle," said Bridget Ryder, Foundation Manager. "We need to get role models like Carrie Tollefson out to

speak to both children and adults about the importance of getting and staying in shape.”

Tollefson will be the first female world-class runner to act as spokesperson for the race. Past spokespeople have included distance running legends four-time New York and Boston Marathon Champion Bill Rodgers and national champion Todd Williams.

“Our goal as always was to find a spokesperson who won’t just talk about running itself—but about how running can have a positive effect on all aspects of our lives and our health,” said Marty Horan, a race committee member. “Carrie Tollefson is one of our country’s top middle distance runners. It’s likely that she’ll qualify for the Olympics, so it’s exciting to anticipate that Tollefson will be serving as our spokesperson just weeks after representing America in Athens.”

The Kentlands/Lakelands 5K, produced annually by the Kentland’s Community Foundation, benefits local charities. This year’s proceeds will be shared with the City of Gaithersburg’s Dolores C. Swoyer Scholarship Program to help pay for underprivileged children to attend summer camp.

In addition to promoting running at area schools and community groups, Tollefson will be among the guests of honor at the O’Donnell’s VIP Dinner to be held at O’Donnell’s Seafood Restaurant on Kentlands Boulevard on Friday, September 10th at 7:00 p.m. Hosted by the Kentlands Community Foundation, other guests will include past Kentlands/Lakelands 5K race winners, Gaithersburg Mayor Sidney Katz, members of the Gaithersburg City Council and City personnel, the Kentlands Citizens Assembly Board, and the Kentlands Community Foundation Board.

Those interested in registering or volunteering for the 5K or Kid's Fun Run, and those interested in attending the O'Donnell's VIP Dinner should visit the Kentlands Community Foundation Website at www.kentlands.org.

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