



FOR IMMEDIATE RELEASE

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**THE HUNGRY DOG DASH IS BACK AFTER BIGGEST YEAR EVER
POINT LOMA HIGH SCHOOL CROSS COUNTRY BOOSTERS TO HOST 12TH
ANNUAL COMMUNITY EVENT AND FUNDRAISER AT LIBERTY STATION**

SAN DIEGO, Jan. 9, 2024 - The Point Loma High School Cross Country team and PLHS Pointer Association Cross Country Boosters (PLHS PA-XC) are bringing back the Hungry Dog Dash (www.HungryDogDash.com) Community 5K race on Sunday, Feb. 11, 2024 at 8 a.m. This flat, fast and fun course at the waterfront park in Liberty Station (2455 Cushing Road) is a great way to get some fresh air and exercise with family and friends before Super Bowl festivities in the afternoon.

The first Hungry Dog Dash was held in 2011 as a fundraiser for the PLHS Cross Country Team. After 2 years off due to Covid, the 11th annual race in 2023 hosted more than 500 participants - the biggest year yet.

Runners and walkers of all ages are invited to join - even four-legged friends. The Pointer mascot will be onsite to keep adults, kids and canines company as they run along the water and loop past the USS Recruit. The USATF Certified and Sanctioned Course draws competitors of all levels from the San Diego area racing community to casual first-timers from around the city. Every in-person registrant will receive a high-performance Hungry Dog Dash t-shirt, goodie bag and dog tags. Finish line festivities include live music, awards for the top three finishers in each division, awards for top male and female runners and a community vendor village.

For the first time ever, a virtual race option has been added in 2024. The organizers hope this will encourage Pointer Alumni and Cross Country supporters living outside San Diego to participate and contribute to the running program at PLHS.

All proceeds from the event go to the PLHS PA-XC Boosters to support the PLHS Cross Country team. Funding is needed to finance the team's dedicated distance runners as they compete around California. Money raised will go toward travel expenses, registration fees, uniforms and equipment costs. In addition to physical benefits, distance running with a team improves mental health, reduces stress, improves sleep quality, develops mental toughness, builds relationships and teamwork skills.

"The philosophy of the Point Loma Cross Country team is to help students understand that success is being the best they can be on any given day, and to help them learn that things worth having are worth working hard for," says PLHS Coach Keith DeLong. "After 17 years with this program, I've seen the difference it can make in students' lives. The Hungry Dog Dash is our biggest fundraiser and opportunity to raise awareness of the team with younger students in the community."

Race time is 8 a.m. at Liberty Station NTC Park (2455 Cushing Road) on Sunday, February 11, 2024. Pre-race packet pick up will be on Saturday, February 10, 2024 from 9 a.m. to 1p.m. Please check the website closer to race day for location. An email will be sent to all registered participants once the pre-race pick up location is confirmed. Race day packet pick-up starts at 7:00 a.m. at NTC Park.

For additional information or interviews, contact PLHS Cross Country Boosters President Cory Baker at 619-204-1287 or plhsxcountry@gmail.com.

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