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Contact: Amy Hock, Public Relations Specialist
515-244-0021

Metro Waste Authority to Host *Green Run*
Fourth annual cross country race held at Ecology Field Station

September 3, 2010 — Metro Waste Authority is pleased to present the fourth annual Green Run Sunday, September 19 at 10:00 a.m. at the Ecology Field Station. The Green Run consists of a 10K cross country race and a 5K cross country run/walk. The Green Run is a great opportunity to train on a cross-country course that will take runners over hilly, grassy terrain. Restored prairie, roadways and natural wetlands are all part of this cross country run.

Prizes and medals will be awarded to 5K and 10K participants. The awards will be given in 12 age divisions and to the overall male and female winners. Each participant will receive a premium race T-shirt. Participants will also be treated to refreshments and a pork chop on a stick following the race.

“The 5K course has been developed on a portion of our property that was once in farm production,” said Tom Hadden, Metro Waste Authority’s executive director. “A majority of the 5K course is now reestablished in its natural state.”

Metro Waste Authority is more than an award winning landfill. This race gives runners a change to see what Metro Waste Authority’s 1,800 acres of land exemplifies. Metro Waste Authority has been permitted to landfill on approximately 500 acres, while 800 acres are farmed and the remaining 500 acres are woods, prairie, and wetlands.

Metro Waste Authority’s Metro Park East Landfill is located just 10 miles east of the Iowa State Fairgrounds on University Ave/Hwy 163 in eastern Polk County. The race will begin at the Metro Waste Authority/SE Polk Ecology Field Station on the south side of the Metro Park East Landfill property.

Registration is available online at www.mwatoday.com/run. Runners may register up to the day of the event. Race packets will be available at MWA’s central office at 300 E. Locust, Ste 100, in downtown Des Moines on Thursday and Friday, September 16 and 17 from 8:00 a.m. to 4:30 p.m. Packets will also be available the day of the race.

About Metro Waste Authority

Metro Waste Authority is an award-winning regional government agency that manages the Metro Park East Landfill, the Metro Park West Landfill, the Metro Compost Center, the Metro Recycling Center, the Metro Transfer Station, and the Regional Collection Center for Household Hazardous Materials. MWA also coordinates recycling programs for its member communities and is a leader in many environmental issues in Central Iowa. Metro Waste Authority is self-funded through fees charged to those who use the landfill and its other services. The agency does not receive tax dollars.