



Media Advisory
July 8, 2011

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American River Water Flows Expected to be Like Last Year's Flows for Eppie's Great Race 38

Rancho Cordova/Sacramento, CA--Organizers of Eppie's Great Race are pleased with the recent news from the Bureau of Reclamation, operator of Folsom Dam, that water levels on race day---July 23, 2011--are expected to be near the same level as last July.

"Based on currently available information, Reclamation expects our releases to the lower American River on race day to be about 4,500 to 5,000 cubic feet per second - comparable to that of last year. But, it is important to recognize that reservoir operations and releases to the river are based on developing conditions and needs," said Lynnette Wirth, Bureau of Reclamation, Deputy Public Affairs Officer.

According to Eppie Johnson, founder of Eppie's Great Race, the 38th annual run-bike-paddle triathlon is expected to be another fun and exciting event on the American River.

"We always stress the importance of wearing personal flotation devices and avoiding obstacles on the river on race day and every day," said Eppie. "We are very pleased that the water flow will be comparable to that of last year and encourage everyone to come out to compete in Eppie's Great Race!"

More than 2,000 athletes are expected to compete in this year's race with thousands more spectators on the sidelines cheering on the athletes.

The 38th annual Eppie's Great Race takes place on July 23, 2011. Participants run 5.82 miles, cycle 12.5 miles and paddle boats 6.35 miles on a racecourse located on and along the American River Parkway in Sacramento and Rancho Cordova. Kids can join the fun with the US Bank Kids Duathlon, a 2-mile run and 5.75-mile cycle for kids 17 and younger.

Eppie's Great Race is a fundraising event for Sacramento County Therapeutic Recreation Services (TRS) that provides services for mentally and physically challenged individuals. To date, Eppie's Great Race has donated nearly \$1 million to TRS.

For more information about Eppie's Great Race or the US Bank Kids Duathlon, call 916-381-0255 or visit www.thegreatrace.org.

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