



**City of Orlando**  
**Orlando Runners Club**  
**Cultural Exchange**



**Cultural Ambassadors Selected**

The City of Orlando and the Orlando Runners Club (ORC) are pleased to announce the selection of runners to represent the City Beautiful as cultural ambassadors in Urayasu, Japan in 2010. Four local athletes have been chosen to participate in the Tokyo Bay Urayasu City Half Marathon to be held on February 7, 2010. Selections are based on running ability, community service, Club membership, City residency and cultural ambassadorship.

This year's selected runners are:

**Dave Berry** – Dave is an active member of the ORC, serving on the Board of Directors and participating in a wide variety of club events. He has been a resident of the city of Orlando for over 20 years and is active in the Central Florida Realty Investors, Habitat for Humanity and the Holden Heights Neighborhood Association. Dave is very excited to be traveling to Japan, and finds it ironic that as a competitive swimmer through college, he is making his first trip out of the country to run a half marathon half way around the world.

**Jason Johnson** – Jason is a member of the ORC and won the top overall male award in the 2008-2009 Challenge Series competition. He is a member of Team Track Shack and volunteers at various local races when he is not running them. Jason wants to experience and interact with different cultures, see their way of life and the different ways they participate in running events.

**Melissa MacDonald** – Melissa has been a resident of the city of Orlando for three years, though she has been in Central Florida for nearly 20 years. She is active in the Lake Nona PTA, Northlake Park Neighborhood Watch, 4-H, Orlando Baptist Church and YMCA. She is eager to learn more about the Japanese culture and is honored to share Orlando with the people of Urayasu.

**Heather King** – Heather joined the ORC in 2006 when she first started running and has lived in the city of Orlando for 8 years. She is active in the local running community, volunteering at various events, and is a member of Team Track Shack. She ran her first marathon in January 2009 (Disney), qualifying for the Boston Marathon, which she completed in 3:07. Heather is looking forward to an unforgettable experience and the opportunity to race in another country and explore another culture.

Participants in the program must be able to complete a half marathon in 2:30 or less, be 18 years of age or older with a valid passport, and be either residents of the city of Orlando or members of the Orlando Runners Club. Applications are accepted each year, and one male and female over and under 40 years of age are chosen. The City of Urayasu likewise sends four runners to participate in the OUC Half Marathon each December in Orlando. The ORC and City look forward to welcoming our guests from Japan December 2 – 7, 2009.

For more information on the cultural exchange, please visit the Orlando Runners Club web site at [www.orlandorunnersclub.org/cultural\\_exchange.htm](http://www.orlandorunnersclub.org/cultural_exchange.htm).