



MEDIA ADVISORY

Seattle Seahawks Head Coach Jim Mora Announces West Coast Launch of *Count On Me* Foundation

Seattle Seahawks Head Coach Jim Mora will address media at the Virginia Mason Athletic Center (VMAC), the practice facility of the Seahawks, to roll out the announcement of the West Coast expansion of the Jim Mora *Count On Me* Family Foundation. Children from local charities will attend the announcement, followed by a tour of the new facility with Jim and Shannon Mora.

When: Wednesday, April 8, 2009
11:30-1:30 PM*

Where: Seattle Seahawks Practice Facility
VMAC
12 Seahawks Way
Renton, WA 98056

Directions: From downtown Seattle:
Take Highway 520 or I-90 Eastbound and exit at 405 Southbound. Follow 405 to Renton. Take the 44th Street exit (Exit 7) and take a right at the end of the ramp. Turn right on Seahawks Way and the facility will be on the left.

Timeline:

11:30 AM	Doors open / Guests begin to arrive/ Seahawks mini camp already in progress
11:45 PM	Guests watch Seahawks Practice
12:15 PM	Practice ends
12:30 PM	Press Announcement
12:45 PM	Behind-the-Scenes Tour of the Practice Facility with Jim and Shannon Mora and children from local charities

Press must RSVP to tgrunduski@countonmefoundation.org for complimentary parking and credentials.

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**Times subject to change around practice time; confirmation to follow closer to date.*