

# NEWS RELEASE

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**March 1, 2011**

## **RUN, WALK AND RAISE FUNDS FOR HEART TREATMENT**

SEDALIA — It's that time of year again! Lace up your running shoes and get your heart pumping for your health and for the health of others.

The [Bothwell Regional Health Center Foundation](#) will hold the fourth annual [Lub Dub Run](#) on Saturday, April 30. The Lub Dub, named after the sound of a healthy heartbeat, benefits the Camye Callis Gaspard Heart Fund, which helps finance improvements in cardiovascular treatment at Bothwell Regional Health Center.

“Heart disease is the nation’s No. 1 killer of both men and women, and statistics show our Pettis and Benton County communities have a higher than average risk,” said Foundation Executive Director Melia Douglass. “The dollars we raise in the Lub Dub Run will help us bring the latest and best diagnosis and treatments right here, close to home.”

The Lub Dub Run, which attracts both competitive runners and hobbyist walkers, includes 10K and 5K runs, as well as a 5K walk. Both courses are single loops that begin and end at Bothwell Regional Health Center’s south parking lot on East 15<sup>th</sup> Street.

The entry fee for adults is \$20 before April 19<sup>th</sup>, or \$25 from April 20<sup>th</sup> to race day. Registration for the special Kiddie Run is \$8. Registration forms can be picked up at the BRHC Foundation office in the Bothwell Education Center, 601 East 14<sup>th</sup> St. in Sedalia, at area fitness centers, or are available at [www.brhc.org](http://www.brhc.org); click on the Lub Dub Run logo. Participants also can register online at [Active.com](http://Active.com), or by calling the BRHC Foundation at 660-826-6263. Registration will be accepted from 7 a.m. to 7:45 a.m. on race day.

The run begins at 8 a.m., with post-race awards at 9:30 a.m. First-place trophies will be given to the male and female winners in the run and walk divisions. 5K run and 10K run awards will be given to the top three male and female participants in 10-year age increments starting at under 19, with larger groups being divided into five-year age divisions. 5K walk awards will also be given.

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