

NEWS RELEASE

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RUN, WALK AND RAISE FUNDS FOR HEART TREATMENT ***Corporate Challenge a New Feature in This Year's Lub Dub***

SEDALIA — On your mark, get set, go! It's time for Bothwell Regional Health Center Foundation's fifth annual Lub Dub Run. Lace up your shoes and get your heart pumping for your health and for the health of others.

The Bothwell Regional Health Center Foundation will hold its fifth annual Lub Dub Run on Saturday, April 28. The Lub Dub, named after the sound of a healthy heartbeat, benefits the Camye Callis Gaspard Memorial 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 Lisa Church, Bothwell's executive director of the Foundation and Communications. "The dollars we raise in the Lub Dub Run help us bring the best cardiovascular diagnosis and treatment 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 15th Street.

A special Corporate Challenge has been added to this year's event. The idea of a Corporate Challenge came from Cliff Callis, president of Callis & Associates, and a brother to Camye Callis Gaspard.

"This event has strong personal meaning to me and my family, and we wanted to do something special to mark the fifth anniversary," Callis said. "Our area has a lot of great community-minded employers who know the advantages of good health among their employees. I thought a little friendly competition among these companies would be a great addition this year."

Employers are being asked to encourage employees to participate and match their entry fee. Trophies will be awarded to the company with the largest percent of employees participating and the one that has raised the most money.

The entry fee for adults is \$20 before April 17, or \$25 from April 17 to race day. Registration for the special Kiddie Run is \$10. Registration forms are available at the BRHC Foundation office in the Bothwell Education Center, 601 East 14th St. in Sedalia, at area fitness centers and at www.brhc.org by clicking on the Lub Dub Run logo. Participants also can register online at Active.com, or by calling the BRHC Foundation at 660-826-6263. Registration will be accepted from 7 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.

Because the course remains open to the traffic, radio headsets, baby strollers or joggers, roller skates, roller blades, hand/foot cycles and dogs are not recommended.

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