

NEWS RELEASE

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March 28, 2013

SIXTH ANNUAL LUB DUB TO BE HELD APRIL 27

The 6th annual Lub Dub 5K/10K Walk/Run will be held on Saturday, April 27, and organizers hope to top last year's record participation of 332 walkers and runners.

Lub Dub, named after the sound of a healthy heart, is designed to raise awareness and funds to fight heart disease, the No. 1 cause of death in Pettis and Benton counties. Proceeds from Lub Dub benefit the Bothwell Foundation's Camye Callis Gaspard Memorial Heart Fund, which was created by the Callis family following Ms. Gaspard's death caused by undiagnosed heart ailment at age 41.

"This event has evolved into almost a festival of sorts," said Foundation Executive Director Lisa Church. "People enjoy coming out on a Saturday morning to get some exercise and visit with friends. Many people make this a family affair. In some cases, there's friendly competition. In other families, they're just here to have a good time."

Lub Dub organizers hope to raise enough this year to purchase an Xper Swing for Bothwell Regional Health Center's cardiac catheterization lab. The equipment allows physicians to get a three-dimensional image of the arteries in a way that exposes patients to less radiation and less dye contrast. The Xper Swing is something Dr. Josh Valtos, a cardiologist with Missouri Heart Center in Sedalia, used while at Northeast Regional Medical Center in Kirksville.

Entry fees for Lub Dub are \$20 for registrations received prior to April 17; registrations after April 17 are \$25. People can register online at www.brhc.org or www.active.com or pick up a paper registration form at the Bothwell Education Center. Walk-up registration is available from 7 to 7:45 a.m. on race day. Participants who register prior to April 17 will receive a commemorative t-shirt.

The race begins at 8 a.m. at the intersection of 15th Street and Ingram. A kiddie race for children age 9 and under will be held at 9 a.m. New this year will be a Krazy Kiddos bounce house for children 4 and under.

Sponsors for this year's event to date include McCarthy Toyota, champion level; Third National Bank, BobFM and Callis & Associates, gold level; Krazy Kiddos, silver; My Bloomin' Business, Septagon Construction, Starline and MFA AgriServices, bronze; ProEnergy Services and Bryant Motors, Heart Healthy.

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