

# NEWS RELEASE

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## SEVENTH ANNUAL LUB DUB TO BE HELD APRIL 26 Early Registration Deadline is April 10

The 7<sup>th</sup> annual Lub Dub 5K/10K Walk/Run will be held on Saturday, April 26, and this year will feature chip timing for more accurate results.

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 an undiagnosed heart condition at age 41.

"This event has evolved into almost a festival of sorts," said Race Director and Foundation Board Secretary Rick Schlesselman. "People enjoy coming out on a Saturday morning to start their weekend with physical activity and to 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 for a good cause."

Schlesselman noted that Lub Dub will be the first race in Sedalia to provide chip timing.

"Chip timing is common in races in metro areas, but I don't think anyone around here has used it yet," he said. "In our case, each runner's bib will contain a small computer chip, which will be activated when they cross the starting mat. It's deactivated, and their performance time is recorded when they cross the mat at the finish line.

"We had more than 500 people participate in Lub Dub last year, so obviously not everyone crosses the starting line at the same time. This helps us record a more accurate time for those serious competitors."

Entry fees for the 5K run and walk are \$25 for registrations received prior to April 10; registrations after April 10 are \$30. Registration for the 10K run is \$35 prior to April 10, and \$40 after that date. People can register online at [www.brhc.org](http://www.brhc.org) or [www.active.com](http://www.active.com) or pick up a 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 10 will receive a commemorative t-shirt, or they can opt to purchase a sport performance shirt for an additional \$10.

Awards are presented to the top three finishers in male and female age groups in the 5K and 10K runs and top three overall finishers in the 5K walk. In the Corporate Challenge division for employers, trophies are presented to the company that raised the most funds, had the highest percentage of employees participate and log the best times in the 5K run and 10K run.

The race begins at 8 a.m. on Saturday, April 26, at the intersection of 15<sup>th</sup> Street and Ingram. A kiddie race for children age 9 and under will be held at 9 a.m. Proceeds from this year's event will be used to purchase a new piece of therapy equipment for the hospital Cardiac Rehab Unit.

Event sponsors include McCarthy Toyota, champion level and finish line sponsor; Third National Bank, Starline Brass, McDonald's, BobFM, Callis & Associates and Waterloo, silver level; My Bloomin' Business, Septagon Construction, MFA AgriServices, Guardsman Security, Duke Manufacturing, ProEnergy Services, Insurance & Benefits Group (IBG) and Bryant Motors, bronze level; and Rick Ball Ford, Heart Healthy.

For more information, e-mail [foundation@brhc.org](mailto:foundation@brhc.org) or call 660-826-6263.