



Seventh Annual 5K Run Scheduled

for Saturday, August 13th

All Proceeds to Benefit Free Preventative Care Projects

May 23, 2011 – Reed City, Mich: The 7th Annual Spectrum Health Reed City Hospital 5K Run will take place on Saturday, August 13th, 2011. The annual race has been moved up to the 2nd weekend in August to coincide with the new dates for the Reed City Great American Crossroads Celebration. The family fun walk has been discontinued as well as the category for race teams. To further enhance the running experience, event organizers have purchased state of the art digital timing equipment as well as a double sided digital clock for quick and easy viewing of your race time.

Runners of all ages and ability levels are encouraged to participate. 5K's are a great way to meet new people and stay in good shape and it's one of the most popular races in the country. If you're used to running three half-hour runs per week, you could probably accomplish a 5K run.

Race sponsorship packages are available to local businesses to promote maximum marketing value. This annual race draws an average of 175 runners and their families from 5 counties to the Reed City area. Proceeds from the event will benefit Spectrum Health Reed City Hospital's Healthy Communities Team. This team coordinates free, preventative healthcare projects including flu vaccines in the schools, hand washing education, healthy eating, exercise and diabetes education. To learn more about sponsorship opportunities, contact the Spectrum Health Foundation at Reed City Hospital by phoning 231.832.7184.

To register as a runner for the race, simply log onto www.spectrumhealth.org/reedcity and click on the tab marked 5K Run Registration. Registration forms are available by clicking on the link on the website. Simply print, complete the form and return to the address indicated on the form. Interested registrants may also receive a registration form in the mail by phoning 231.832.7156.

The cost to run is \$15.00 for pre-registered runners and \$20.00 for day of the race entries. Tee shirts are guaranteed for all pre-registered 5K runners. Trophies and medals will be awarded for 1st, 2nd and 3rd place finishers in the following categories: ages 0-14, 15-19, 20-29, 30-39, 40-49, 50-59 and 60 plus years.



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