

County-wide Stride series

# 4K for Heart Health at Cedar Rapids

Cedar Rapids Golf Course will host its first-ever run/walk on Feb. 23. The event, called the 4K for Heart Health and the second race of Rockcastle Regional Hospital's County-wide Stride series, will follow cart paths throughout the 9-hole course, offering participants interesting terrain, nice views, and a couple of chal-

lenging climbs. The 4-kilometer race is approximately 2.5 miles.

Discounted pre-registration is available for \$12 until February 20. Race day registration will begin at 8 a.m. and the race will start at 9 a.m. For online pre-registration, visit [rockcastlehospital.org/countywidestriderace](http://rockcastlehospital.org/countywidestriderace).

The race will feature awards for overall male and female race winners and overall fastest male and female walkers, as well as top three male and female age group finishers. All participants will receive a fleece headband.

This race features our Run + 1 incentive. If you participated in any 2012 County-wide Stride race or the Snowball Express last month, you can recruit someone new to this race, and get your registration fee waived at our March 17

race. Your recruit must not have participated in any 2012 County-wide Stride race or the 2013 Snowball Express. See registration form on our website for details.

The course is mostly paved cart path with some grassy parts, and at 9 a.m. the grass probably will be wet. It is not ideal for strollers but strollers are not prohibited. There is one significant climb, a couple of more gradual climbs, and the rest is flat to rolling.



*You made it to a magical age  
Everything gets even more fun  
Turn 60 and turn a new page  
The worries of your 50's are done  
Now it's time to live life your way  
And love those you love most  
This is a milestone 60th birthday*

*And this poem is your 60th toast  
If there was an award called the "World's Best Mother," you would win it every single year.  
Happy 60th Birthday, Saturday, February 2nd, to the Best Mom Ever!!!!  
We love you very much!!!!  
Love, Ashley and Travis Philpot, Lisa and Dwayne Carpenter, and Family*



Recently, Room 4 Me, a non-profit organization aimed at bettering the futures of elementary aged students, held a drive to collect stuffed animals and donate them to Rockcastle Hospital to be given to children sent to UK Hospital. They collected nearly 60 stuffed animals in memory of the children who lost their lives in the Sandy Hook shooting in Connecticut. Pictured are Kelsey Mattingly, representing Room 4 Me, and Ashley Sanders, Certified Medical Assistant at RockPeds, with the collected stuffed animals.

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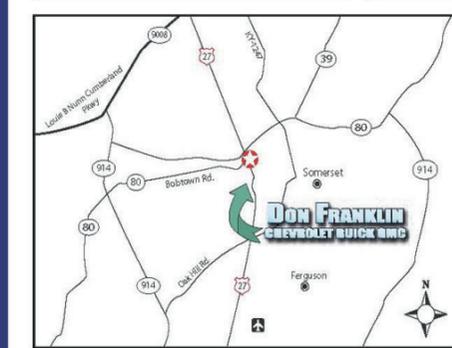
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