



# TIME TO ONCE AGAIN POUND THE PAVEMENT

For Immediate Release – August 5, 2016

## HEALTH FOCUS OF SW VA SALEM DISTANCE RUN SET FOR SATURDAY, AUGUST 13

The 42nd Annual Health Focus of Southwest Virginia Salem Distance Run is set for Saturday, August 13. The 5K, 10K and 3-mile Poker Walk events will once again start on Main Street in Downtown Salem and end at Longwood Park. The races begin at 8 a.m. and the entry fee is \$22 for the 5K & 10K and \$17 for the Poker Walk. Each participant also will receive a commemorative t-shirt.

The weekend gets started on Friday, August 12, with packet pick-up and registration at Longwood Park from 5 p.m. - 7 p.m. Saturday, runners can arrive as early as 6:30 a.m. to register, visit the vendors, enjoy music and meet the event's celebrity runner, Michael Wardian, an ultra-marathon runner from Arlington.

Wardian was the USA Track & Field runner of the year in 2008, 2009, 2010, and 2011 and he was named athlete of the year in 2011 by the International Association Ultra-Runner. He is a three-time U.S. Olympic Marathon Trials qualifier who holds a silver medal in the World 100k Championships. This year he has taken two firsts and a second in The North Face Endurance Challenges 50-Miler races in Washington, D.C., Costa Rica and Ecuador.

To get an application, register or secure additional information please visit us at [www.healthfocusswva.org](http://www.healthfocusswva.org) or call (540) 444-2925, extension 200.

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