



THE TRADITION CONTINUES 40 YEARS LATER

For Immediate Release - July 28, 2014

HEALTH FOCUS OF SW VA SALEM DISTANCE RUN SET TO CELEBRATE 40TH ANNIVERSARY

Forty years ago, President Richard Nixon resigned from office, the Sting won the Academy Award for best picture, Stevie Wonder had the album of the year and the Miami Dolphins were the Super Bowl Champs.

The year 1974 is also when Richard Browder, the track coach at Roanoke College at the time, and Darr Graham started the City of Salem Distance Run. This year, the event will celebrate a major milestone as the 40th annual Health Focus Salem Distance Run hits the streets on Saturday, August 9.

There are 5K and 10K runs, as well as a 3-mile poker walk beginning at 8:15 a.m. All three events will start on Main Street and end at Longwood Park, and the races are certified by The Athletics Congress (TAC).

The 5k and 10k entry fees are \$22 while the walk entry fee is \$17. All participants also will receive a commemorative t-shirt and the first 400 runners or walkers to register will receive \$5 off a dinner at Mamma Maria's Italian Restaurant. All entries received after August 2 will be subject an additional \$5 charge.

The weekend gets started on Friday, August 8, 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 the live music and meet the event's celebrity runner, Josh McDougal, the 2007 NCAA National D-I Cross Country Champion.

McDougal is a Liberty University graduate from Peru, New York. The 14-time All-American broke school records in the 8k & 10k in cross country and holds every indoor & outdoor school record. His outdoor 5k time (13:20) is the sixth-fastest collegiate performance ever. He won numerous Big South Conference honors and is a 17-time Big South individual champion. He currently lives in Lynchburg and is an assistant running coach at his alma mater.

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

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