

# Hit your stride

## Run, walk Rockcastle

By Dwain Harris

**M**ost small communities have at least one run/walk event in a year. Some have more, maybe three or four at most. In 2013, for the second year in a row, Rockcastle County will have 12, one in each month of the year. Organizers at Rockcastle Regional Hospital, which created and sponsors the series, hopes to build on 2012's total participation of 1,770.

Studies show that Kentuckians (and Rockcastle Countians) do not get enough exercise, and experts have long known that exercise is essential to good health. The County-wide Stride series consistently gives runners and walkers an incentive to complete at least some of the recommended exercise. In addition to muscle

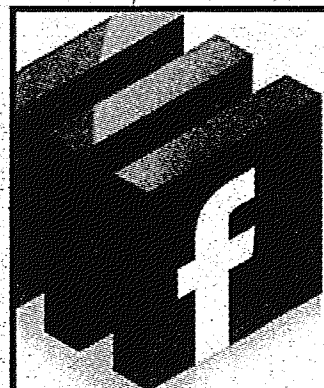
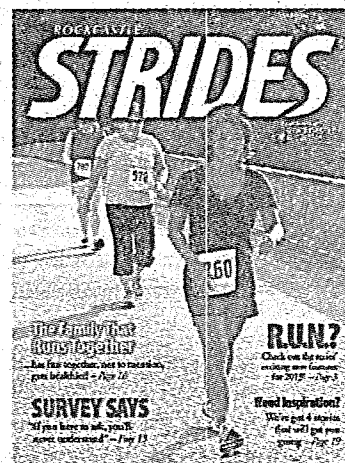
strengthening activities two or more days a week, the Centers for Disease Control recommends one hour and 15 minutes of vigorous-intensity aerobic activity such as jogging and running, or two and half hours of moderate-intensity aerobic activity such as brisk walking.

Entry fees are inexpensive, and giveaways and age-division trophies are given to participants. There are incentives as well. Those who complete seven of the 12 events will receive a free long-sleeve County-wide Stride T-shirt.

Participants get the shirt and a \$25 gift certificate for completing 10, and an additional personalized plaque for finishing all 12 races.

Details about each race can be found at [rockcastlelregional.org](http://rockcastlelregional.org). A publication called Rockcastle Strides, which highlights the races and local runners and walkers, is also being distributed throughout the community. Free copies can be picked up at the hospital's registration desk.

For more information, contact Susan Turley at Rockcastle Regional at 606-256-7746.



Race information  
& photos available on  
**facebook.**

[facebook.com/rockcastlelregional](http://facebook.com/rockcastlelregional)

### Races coming soon:



**Saturday, February 23**  
9:00 a.m.  
Cedar Rapids Golf Course



**Sunday, March 17**  
2:30 p.m.  
Renfro Valley