

Carlinville Area Hospital Host 6th Annual *5K Hustle* & a Health & Wellness Fair on September 12th

Whether you run for the fun, for the fitness, or for the cause, you'll want to sign up for this year's *5K Hustle*, sponsored by the Carlinville Area Hospital Auxiliary. Set for Saturday, September 12, the Hustle's one-mile fun run/walk will begin at 8 a.m., while the more challenging 5K run/walk will start at 8:30 a.m. Both events will begin and end at the Hospital at 20733 North Broad Street, in Carlinville.

According to CAH/Auxiliary Liaison Jamie Bray, "The honorary name for the combined events this year is MOB RUN in order to draw attention to the new **M**edical **O**ffice **B**uilding that's nearing completion as an adjunct at the south end of the Hospital. This great new facility will expand the services the Hospital offers, increase convenience for our patients and staff, and keep certain functions right here instead of having to rely on outside assistance."

The deadline for completed registration forms is Monday, August 31. On or before August 31, registration for either event is \$20 for adults, \$15 for children age 12 or younger. Those who pre-register will receive a free tee shirt (as long as supplies last). Sizes are listed on the registration form. Registration forms are available at the Hospital, on its web site (www.cahcare.com), at Fit Club, and at Boente Shell Stations.

Make checks payable to: Carlinville Area Hospital Auxiliary (or CAH Auxiliary) 5K. Mail the check and completed form to: Carlinville Area Hospital, Attn. Jamie Bray, 20733 North Broad St., Carlinville, IL 62626.

The cost for those who register after August 31 is \$25 for adults, \$20 for ages 12 and younger. Registration the day of the run begins at 7 a.m. at the Hospital.

All walkers, joggers, and runners will be given free snacks and drinks after the races. And there will be attendance prizes.

Proceeds from the *5K Hustle* go to the CAH Auxiliary. For more information about CAH or the Auxiliary, visit: www.cahcare.com.