

# STRIDES



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### SEVEN YEARS LATER

*First Girls On The Run class is all grown up*

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*Our annual survey reveals interesting answers*

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7TH ANNUAL

**RENFRO  
R.A.**

ROCK N' RUN

OCTOBER 19 AT 8AM

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WHAT'S BETTER THAN SAVING ON A RACE BY PRE-REGISTERING?

Saving even MORE on 10 races by pre-registering for the year!

BUNDLE UP



AND RUN

RACES INCLUDED:

Snowball Express 2-miler

4K for Heart Health

St. Patrick's Day 5-Miler/5K walk

Fairview Baptist Run for Missions

Brodhead Hustle 5K run/2M walk

Rockcastle Alzheimer's 5K run/walk

Livingston Leap 5K

Running for the Rock 5K run/2M walk

Bittersweet 5K run/2M walk

Jingle Bell 6K

BUNDLE DOES NOT INCLUDE June Fit Family Run (admission is a can of food),  
Kiwanis Run for Kids 5K or October's Renfro Rock N Run

READY TO COMMIT?

Bundle now and you will be automatically registered for each event. You save \$25 and the trouble of registering one race at a time!

TO REGISTER, VISIT

ROCKCASTLEREGIONAL.ORG/RACE/NEWS

Questions?

Contact Kayla Prewitt at 606.256.7767 or k.prewitt@rhrc.org

DEADLINE  
EXTENDED TO  
January 27

\$165 registers you for 10 Countywide Stride races in 2019.

That's a savings of \$25 off the normal pre-registration price!

ROCKCASTLE STRIDES is published each January and is distributed to Countywide Stride participants, Rockcastle County residents and others in adjoining counties. It is dedicated to promoting physical fitness and wellness through running and walking.

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**on the cover** Countywide Stride legend Ambrose Wilson sets a fast pace in January's Snowball Express. (Photo by Ruby Cline-Eaton)

## FROM THE EDITOR

Welcome to Rockcastle Regional Hospital's annual Strides magazine, where you'll find a recap of the 2018 Countywide Stride run/walk series as well as the 2019 schedule of races and much more.

This will be the eighth year that Rockcastle Regional Hospital has coordinated our national award-winning monthly run/walk series.

We started it because we are dedicated to creating a healthy community, and physical fitness is a key component to overall health. 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 a half hours of moderate-intensity aerobic activity such as brisk walking.

The Countywide Stride is one way we hope to help you achieve that standard. We and our community partners provide the events so you can have something to work toward throughout the year.

At the same time, the events raise money for local charities and civic groups (\$17,594 this year alone).

We'd like to give a special thanks to the sponsors who help make this magazine possible – UK Healthcare, Danville Bike and Footwear, Community Trust Bank, and Soft Shoe.

We hope you enjoy what you find inside, and we'll see you at the Snowball Express Jan. 27!



rockcastleregional.org

## ROCKCASTLE REGIONAL Physical Therapy

- Treatment of orthopaedic injuries
- Manual therapy for the spine and extremities
- Sports injuries and injury prevention
- Pediatrics
- Stroke/Cardiac/Pulmonary rehab
- Vestibular rehab
- Oncology rehab
- Pain management
- Brace and orthotic fitting
- Integrative dry needling
- NDT pediatric services

606.256.2609 | t.gabbard@rhrc.org

Rockcastle Regional Hospital  
and Respiratory Care Center

145 Newcomb Ave, Mt. Vernon, KY 40456



# 2019 RACE CALENDAR



## Kiwanis Run for Kids 5K

NOV 9 Renfro Valley Entertainment Center

New this year, watch for details. Proceeds go to Rockcastle County Kiwanis, which benefits children of Rockcastle County, specifically the backpack programs in local schools.



### SNOWBALL EXPRESS 2-MILER

**JAN 27**  
2:30<sup>PM</sup> Depot Park, Brodhead

The eighth annual (8 years already!?) Snowball Express 2-miler is just what the doctor ordered if you have cabin fever. It's on a flat course and is our shortest race – think of it as a warm-up for the season, and a warm-up for the longer Brodhead race coming up in May. It has great support from the local fire department, school and community, and it boasts a very nice staging area downtown at the Depot Park. Proceeds go to the American Cancer Society's Relay for Life.



### VIRTUAL 4K FOR HEART HEALTH

**FEB 14-28**  
Anywhere

Our only virtual race of the year, this event gives you two weeks to complete a 4K run or walk at a time and place of your choosing. We encourage you to then post a selfie or scenes from your run on our Facebook page. No overall or age group awards, but we will award the most creative/liked FB posts on our page – \$50, \$25, and \$10 for first, second and third. And you still get swag, just like at a regular race. Check our website for registration details.



### FAIRVIEW BAPTIST RUN FOR MISSIONS

**APRIL TBA**  
9<sup>AM</sup> Fairview Baptist Church, 520 Fairview Loop Rd, Mount Vernon, KY

This race, in its ninth year, is staged with skill and care by a church family who loves running and embraces the community. You'll be uplifted by the atmosphere and sure to spot a few bright Redbuds along the way. Those who live in Berea and northward – Fairview Baptist is only a couple of miles south of the Madison County line on Hwy. 25. Come let an April breeze push you to a great finish! Proceeds benefit mission work.

### ST. PATRICK'S 5-MILE RUN/5K WALK

**MARCH 17**  
2:30<sup>PM</sup> Downtown Livingston, KY

Looking for a flat and fast course at a more challenging distance? This 5-mile run/5K walk in cool March weather should have you aiming for a PR. This year's race will again be in Livingston, KY, on a beautiful, flat, winding road near the Daniel Boone National Forest. Proceeds benefit the health of Rockcastle's babies and moms-to-be.



### BRODHEAD HUSTLE 5K RUN/2 MILE WALK

**MAY 25**  
8<sup>AM</sup> Brodhead Elementary School

This race, part of a classic small town homecoming weekend, takes you through quiet neighborhood streets and down picturesque Main Street (Old 150) before finishing back at Brodhead Elementary. Come join the fun and feel good knowing that proceeds help support Brodhead Homecoming festivities.

### FIT FAMILY RUN AND HALF HOUR CHARITY CHASE

**JUNE 20**  
5:30<sup>PM</sup> Rockcastle Middle School

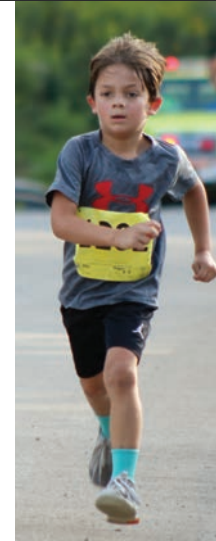
Run or walk around the track as many times as you can in 30 minutes, and Rockcastle Regional Hospital will donate \$1 for every lap you complete to the charity you chose upon registering (a list of charities will be provided). The popular fastest-kid-in-town race and family relay race will also be held and are sure to be as fun as ever. As in years past, the registration fee is a canned good that goes to the Grateful Bread Food Pantry. (Limit 200 participants in the Charity Chase).



### ROCKCASTLE ALZHEIMER'S 5K RUN/WALK

**JULY 13**  
8<sup>AM</sup> Renfro Valley Entertainment Center, back parking lot

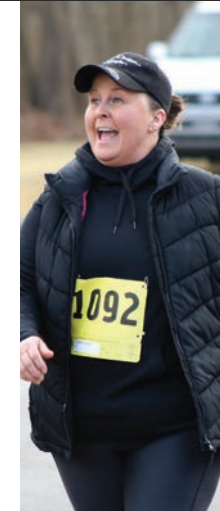
This race is a flat summer run, straight out a beautiful country road that meanders through sun and shade and by a cool trickling stream, and then back to the finish. Proceeds benefit the Alzheimer's Association.



### LIVINGSTON LEAP 5K

**AUG 31**  
8<sup>AM</sup> Downtown Livingston, KY

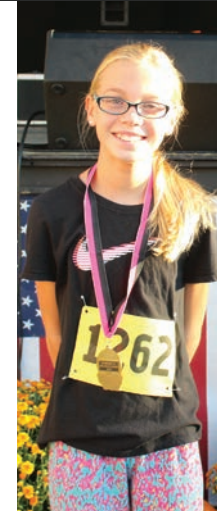
Talk about scenery – this course takes you near the Daniel Boone National Forest on some of the prettiest roadway you've ever seen. Livingston, one of Kentucky's few designated "Trailtowns," embraces this race and welcomes participants with open arms. Proceeds go to the Livingston Homecoming Committee.



### RUNNING FOR THE ROCK 5K RUN/2 MILE WALK

**SEPT 14**  
8<sup>AM</sup> Brodhead, KY

This second annual event was a CWS make-up race last year, but this year it is a true part of the series. It starts and finishes as Brodhead Elementary School and benefits the Rockcastle County High School boys basketball team. September is the beginning of peak running season – don't miss this



### BITTER-SWEET 5K RUN/2 MILE WALK

**OCT 5**  
7:30<sup>AM</sup> Downtown Mt. Vernon, KY

This tradition-rich 5K has been the measuring stick of fitness for many participants for more than 25 years. It kicks off Saturday morning activities of the Bittersweet Festival, and takes you down Mt. Vernon's historic Main Street. It's usually cool and the course finishes on a nice and easy downhill.

### RENFRO ROCK 'N RUN HALF MARATHON, 5-MILER AND 5K

**OCT 19**  
8<sup>AM</sup> Renfro Valley Entertainment Center

Runners and walkers come from far and wide and can't say enough about the homespun flavor of this race, the challenging but scenic course, and the enthusiasm of the volunteers. Heck, the race, now in its seventh year, even has its own theme song. Whether they run the half marathon or sprint through the 5K, which benefits Girls of the Run, most leave saying they'll be back. Proceeds from the Half benefit the Christian Appalachian Project.



### JINGLE BELL 6K

**DEC 7**  
8:30<sup>AM</sup> Renfro Valley Entertainment Center

Put your bells on, hope for snow, and expect some special Christmas surprises as we work to make this race – Rockcastle Regional's oldest – special every year. Proceeds go to Rockcastle Regional's Miracle Fund, which benefits our respiratory care patients.



# TIME FLIES WHEN YOU'RE ON THE RUN.



"WHEN WE GOT TO THE END, WE REALLY FELT LIKE WE ACCOMPLISHED SOMETHING SPECIAL."



## THEN

The first class of Rockcastle County's Girls on the Run chapter pictured at their 5K finale, and below at a practice, in 2011.



## NOW

The first GOTR class, now seniors, remember their GOTR experience fondly. "When we got to the end, we felt like we accomplished something special," Aden Amburgey said.



In November of 2018, Rockcastle County graduated its seventh annual class of Girls on the Run participants.

Girls on the Run (GOTR) is a national learning program that combines training for a 3.1 mile running event with self-esteem enhancing, uplifting workouts for elementary school girls.

When Rockcastle Regional began the GOTR program locally in 2011, there was only one other chapter in the state outside of Louisville and Lexington.

So in a sense, that first class of runners, coaches, and volunteers were pioneers in helping spark a love

of running in rural Kentucky. Twelve girls from all three of the county's elementary schools went through the program that year.

Those who were fifth graders then are now seniors in high school, and they recall the program fondly.

"We hadn't worked for anything for such a long time period," said Aden Amburgey. The program consisted then of two meetings per week for 12 weeks. "So when we got to the end, we really felt like we accomplished something special."

Others recalled the sense of family the group developed. Since they came from different schools, it gave them a chance to make new friends, and

they've remained close.

In all, 115 girls have completed Rockcastle's GOTR program.

That's 115 individuals who have gained an appreciation of the benefits of running. Some may never run a significant amount again, but many will, and may pick it up later in life because the seed was planted.

"That is what community health intervention is about," said Sherry Spragens, Southern KY AHEC education specialist who was Rockcastle GOTR's first head coach. "Consistently providing opportunities for people to adopt healthy lifestyles."





# TAKE OFF POUNDS SENSIBLY Real People. Real Weight Loss.®



TOPS focuses on making small, steady lifestyle changes that provide lasting weight loss and better health. That's what we mean by Real People. Real Weight Loss® .

Three regularly scheduled weekly sessions are available to anyone looking for a little extra support and motivation to help you make a lasting and healthy lifestyle change. Each group meets in the Education Center on the third floor of Rockcastle Regional's Outpatient Services Center.

TUESDAYS at 12:00 PM  
TUESDAYS at 6:00 PM  
WEDNESDAYS at 4:00 PM

For questions, please contact Morgan Bray at 606-256-7704.



## Class Introduction Features:

Free Biometric Screenings

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Rockcastle Regional Hospital Wellness Center  
Third Floor Outpatient Services

See if you qualify to join our weekly classes to help prevent Type II Diabetes

For more information, call Morgan Bray at (606) 256-7704.

# NOT INTO RUNNING?

Rockcastle Regional offers a variety of exercise programs in its spacious Wellness Center on the third floor of the Outpatient Services Center.

### TRIFECTA

a body blasting workout where the workout routine is always different!

### SPIN

nonstop pedaling on a stationary bike to the sound of music and directions of the instructor. Guaranteed to burn over 800 calories per class!

### KARATE

Shotokan Karate is a Japanese style of martial arts. The main focus of the art is physical training for strength, flexibility and power.

### SILVER SNEAKERS

a fun exercise program designed exclusively for older adults! This class helps improve general fitness, strength, flexibility and balance.

### YOGA

Yoga is designed to improve the health, performance, and mental acuity of individuals interested in improving their level of fitness.

### BARRE

includes a variety of activities to increase stamina, flexibility, and strength by combining ballet, Pilates and Yoga movements.

### GYMNASTICS

classes are designed to provide children with a fun learning atmosphere, and develop a strong foundation to build upon.



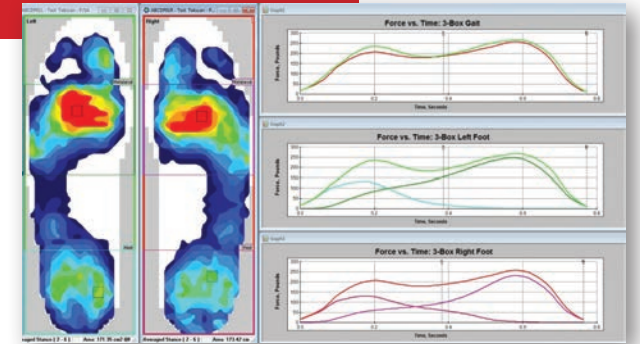
*Note: Class fees are set by instructor. Instructors at the Wellness Center are independent contractors and are not employed by Rockcastle Regional Hospital and Respiratory Care Center in their capacity as a fitness instructor. Rockcastle Regional allows only certified, licensed and insured instructors to utilize the Wellness Center for the purpose of conducting class.*

For more information, contact Kayla Prewitt at [k.prewitt@rhrcc.org](mailto:k.prewitt@rhrcc.org) or 256-7767.

[ROCKCASTLEREGIONAL.ORG/WELLNESSCENTER/](http://ROCKCASTLEREGIONAL.ORG/WELLNESSCENTER/)



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# 88% SAID THEY PREFER EARLY MORNING RUNS

## ADVICE TO A NEW RUNNER (OR WALKER):

FAVORITE MONTHS FOR RUNNING/WALKING:

OCTOBER + APRIL

STRIDES



Survey Says

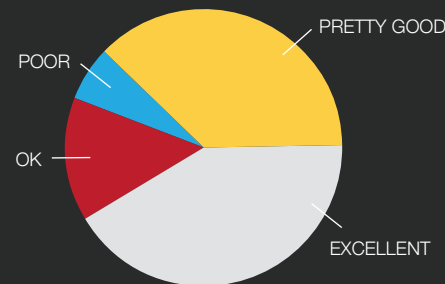
28:24 IS THE AVERAGE PERSONAL RECORD FOR A 5K

### HOW MANY MILES DO YOU RUN A WEEK?

18 average  
(last year: 21)

60 highest  
(last year: 70)

### HOW DO YOU RATE YOUR HEALTH?



### INJURY REPORT:

42% reported some kind of injury (most relatively minor) in 2018 (compared to 18% in 2017)

The breakdown:

Foot: 4	Hip: 2
Shin: 3	Ankle: 1
Knee: 3	Glute: 1
IT band: 3	

### HOW DID YOU GET STARTED RUNNING OR WALKING?

I got too old for organized team sports, wanted to stay healthy.

I started because I wanted to lose weight. I became addicted to running and now enjoy racing. Not to win but to get out and feel good!

I started in 2013 when a friend convinced me to sign up for my first 5k. She said "I'm not asking you to be first I'm just asking you to finish". That stuck with me and I finished and started using the C25K app to get better. I did the same race a year later

and finished without stopping to walk and improved my time.

I started running races on a regular basis because of a health and wellness program at work. We got a discount on our health insurance. That program stopped, but I didn't stop running.

I was told I couldn't do a 5k so I did it to prove everyone wrong.

My husband, who has run numerous marathons, encouraged me to run

back in 2007. After the death of my father in 2009, running became a source of stress relief for me.

My uncle, Audy Faulkner.

Trying to make weight for 1972 US Judo Olympic Trials.

Walking was taking too long, started running to get my exercising done quicker.

Many reasons. Trying to stay healthy and to beat brother.

### FAVORITE ROCKCASTLE RACES:

ROCK 'N RUN 13 RESPONSES

JINGLE BELL 6K 9 RESPONSES

REN10 7 RESPONSES

### WHAT ARE YOUR PRE-RACE RITUALS?

Coke and chocolate

I pray for successful event and for all participants to be safe.

Remind myself to be thankful for good health and have fun.

Stretching, listening to Rage Against the Machine.

Wake up extra early, eat light breakfast, drink coffee, and take some time to relax before the race.

Walking around and talking to friends.

Yoga.

Aim to improve your form and the speed will come. Try to have good posture and keep your head up.

Be patient and take your time to build up your strength and stamina.

Don't compare yourself to other people. And, get good shoes!

Don't quit, give it a few months to build muscle, fitness and habits.

Growth and improvement in running takes time. It is gradual. Each half I train for gets easier and I get smarter through lessons learned and therefore my time improves with each one. Don't give up. Trust the process.

SMILE.

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# BY THE NUMBERS

# 2018

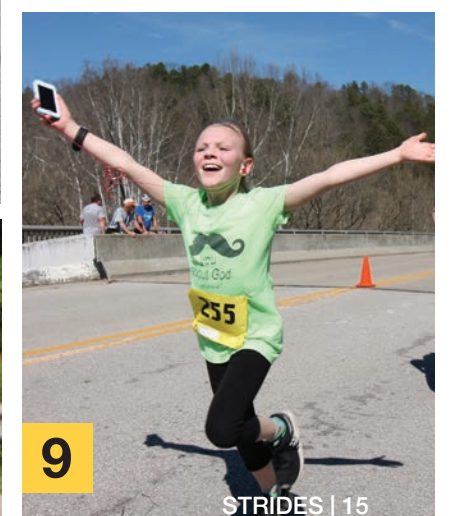
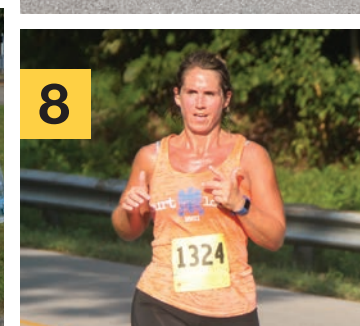
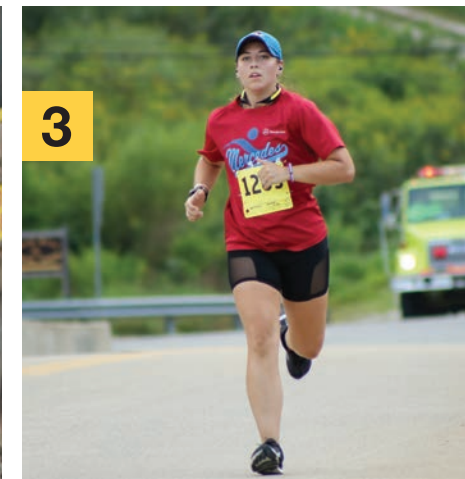
The names you see on this page are some of our most dedicated Countywide Stride participants. They earned incentive prizes in 2018 for completing 7, 10 and 12 of races. They also helped the series generate thousands of dollars for local charities and civic organizations. This was the CWS seventh year as a 12-event series.

RACE	PARTICIPANTS	RAISED
Snowball Express 2M	255	\$1,885.06
4K for Heart Health	121	\$555.75
St. Patrick's Day 5M/5K	193	\$1,602.67
Fairview Baptist 5K/2M Run for Missions	205	\$3,100.00
Brodhead Hustle 5K/2M	119	\$1,040.96
Fit Family Run	102	0
Rockcastle Alzheimer's 5K	125	\$1,337.72
Livingston Leap 5K	128	\$425.37
Rockcastle Ren10 10K/5K	106	\$2,023.21
Running for the Rock 5K/2M	108	\$1,880.00
Bittersweet 5K/2M	279	\$361.64
Renfro Rock 'N Run HM/5M/5K	66	\$2,000.00
Jingle Bell 6K	108	\$1,381.82
<b>TOTAL</b>	<b>1,915</b>	<b>\$17,594.20</b>

LEVEL	Participant 1	Participant 2	Participant 3	Participant 4
<b>LEVEL 12</b>	Ann Abney Lisa Bloom James Bullen Twila Burdette Jerry Cox	Kim Crawford Kristi Cummins-Sparks Gayle DeBorde Audy Faulkner Christy Fletcher	Nicole Lake Angela McClure Tricia Beth Nelson Walter Norris Jennie Pollard	Mary Pollard Rebecca Rawlins Emily Sanders Lisa Smithern William "BJ" Thomason
<b>LEVEL 10</b>	Tammy Bailey Kayla Barnett Tammy Bray Tim Burdett Jennifer Burton Doris Caldwell Barbara DeChambeau	Rachel Denney Regina Elam Joan Garrison Taylor Graves Teresa Hamilton Harold Johnson Tracy King	Annette Lawrence Jennifer Mattingly Cheryl McClure Renee McClure Kathy Noble Roger Proctor Shari Proctor	Susan Readnower Taylor Readnower Michelle Robinson Wendy Sowder Bob Stone Lauren Vonlinger
<b>LEVEL 7</b>	Brian Bailey Eldon Baker Judy Baker Sherry Baker Cassie Bottoms Morgan Bottoms Josh Bray Ricky Bray Trapper Bray Charles Bullen	Marcia Cain Rhonda Childress Jessica Coates Sarah Crawford Janice Davidson Leon Davidson Sheyla Felts Amy Gosser Lige Graves Tina Hasty	Trevor Hemsley Jones Hiatt Ramona Hiatt Janice Ingram Tiffany Kincaid Chelsen Larkey Leo McMillen Angela Mullins Cheryl Mullins Rodney Mullins	Ivy Singleton-Gray Angela Todd Jason Todd Ashley VonLinger-Cooper Davis Wardrip Janet Wells Ambrose Wilson

# SCRAPBOOK

Do you recognize any of these faces? Be the first to email IDs of one of the photos to k.prewitt@rhcc.org and receive a free extra t-shirt at your next Countywide Stride event! (Limit one prize per person). For photos showing multiple people, you need only to identify one.







PO Box 1310  
Mt. Vernon KY 40456  
606.256.7767



[ROCKCASTLEREGIONAL.ORG](http://ROCKCASTLEREGIONAL.ORG)