

Katie Johnson: Good morning, and welcome to Apple a Day, Lake Region Healthcare's health and wellness show where we feature news and information you can use to live a healthier life. I'm Katie Johnson, and my guest today is Karoline Gustafson. She's one of our wellness trainers, and she is the race director for the Lake Region Run coming up on June 2nd. Good morning, Karoline.

Karoline Gustafson: Good morning.

Katie Johnson: Well, it's down to last few weeks. The Lake Region Run, as I mentioned, is coming up June 2nd. And we want to spend some time talking about what people can expect, whether they want to be a runner, a volunteer, or a spectator. So first, let's talk to runners. What do we want runners to know?

Karoline Gustafson: We want runners to know that to be guaranteed a t-shirt, or to get a t-shirt, you have to be registered by the 18th. That's just a couple of days away, so make sure you get in and register. LakeRegionRun.com. You can register online or print out a paper form.

Katie Johnson: All right. And you don't have to be a half marathon runner, right? We've got distances for virtually everyone.

Karoline Gustafson: Yes. We have the half marathon, which is something that if you haven't started running yet, it's maybe not one to sign up for. But then there's also the relay, which cuts the half marathon route in half, so it's just over a 10K. There's also a 5K, which is 3.1 miles, and a one mile. So if you want to come out and walk, jog, walk-jog, or run, there's a distance for anyone.

Katie Johnson: Absolutely. One of the things that's really fun, I think, and unique about this race is that every year the medal features something related to Fergus Falls, something that relates to what's unique about our town. So are you willing to give a preview of what people can expect on the medal this year?

Karoline Gustafson: Yes. We have a very exciting George B. Wright stature as our medal this year. I haven't seen it, seen it yet. But it looks really good on paper, so I'm excited to get those in.

Katie Johnson: And for people who don't know who George B. Wright is, can you give the condensed version?

Karoline Gustafson: Yep. His stature is right across the street from Holiday gas station, right on Union Avenue. He's one of the first people into Fergus Falls.

Katie Johnson: Yeah, one of the founders. Great. If you're not a runner, maybe you'd still like to participate as a volunteer, and we definitely could some more of those. What are you looking for? And how can people get involved that way?

Karoline Gustafson: We run just over about 100 volunteers every single year, so we need a lot of community support to pull off this awesome event and keep our runners safe. We're looking for mostly Saturday morning. Depending on what job you have, you could be busy anywhere from 7:00 am until about 10:30, 11 o'clock in the morning. It's not a whole part of your day, and you're done by way before noon, so you can still enjoy the nice weather in the afternoon.

Katie Johnson: And you don't even have to get sweaty.

Karoline Gustafson: No, you don't.

Katie Johnson: That's the beautiful thing. For people that happen to live along the route or that are going to be trying to drive around town on Saturday, June 2nd, and maybe even some during packet pick-up on Friday night, what kind of heads-up do we want to give people for what to expect on the route and traffic-wise?

Karoline Gustafson: That Saturday morning, it's going to be slow. Friberg Avenue is going to be completely shut down from Summit Avenue all the way up to Fir Avenue. No vehicles will be allowed on that road from about 6:00 am until about 11:00 am or when the race is over. So keep that in mind. The 5K route is technically shut down. So anyone in the Lake Alice area or by Cleveland School, it is going to be very slow going if you're going to try to get out of that area. And then there's a little chunk on Summit Avenue, from Cascade Street to Friberg, that will be closed down as well. So just keep in mind. Union, Lincoln, those roads will be open. There will be a way to get around. It just might be a little slow.

Katie Johnson: And probably not a good day to have a big event or a sale.

Karoline Gustafson: Not on the race route. Yep, there's going to be a lot of runners out there and a lot of visitors in the town. With an even or a sale, there's a lot of vehicle traffic around your area, so it's not safe for the runners. So if we could hold off on that for at least a little part of the morning, everything should be shut down and ready to go by noon.

Katie Johnson: Or if you don't live on the route, it's a great day for it, because all kinds of people will be in town, right?

Karoline Gustafson: Exactly. Yep.

Katie Johnson: All right. Maybe touch a little bit on the schedule. What things will be happening? What times are packet pick-up? All those kinds of thing? And what time will the races start?

Karoline Gustafson: Sure. Packet pick-up will start on Friday evening at 5 o'clock. It goes from 5:00 pm to 8:00 pm at the hockey arena, the ice rink. And then Saturday morning, that packet pick-up will start again at about 6:30 in the morning. So if you can't make it on Friday night, you're at graduations or whatever, that's fine. We will

open up on Saturday morning. And there's registration those two days as well. The half marathon starts at 7:30 am on Saturday morning, and the one mile starts at 8:15, and the 5k starts at 9 o'clock.

Katie Johnson: All right. If you happen to live along the route, it's a great time to just peek out and give some encouragement to these folks who are putting forth the time and effort and energy to get out there and run.

Karoline Gustafson: Yeah, it's very fun for the runners to at least have someone say, "You're doing a good job." Because sometimes it gets pretty tough in the middle of that race, or especially if there's a big hill coming up, which is Fergus Falls. So get out and cheer on those runners.

Katie Johnson: You mentioned the hills. That's what I think of when I think of this race, because I've run it before. But it really is a beautiful way to showcase our beautiful city, too, when you think about the route.

Karoline Gustafson: Yes, the route ... Every race, except for the one mile, goes around Lake Alice, which is just a really nice shaded route for those guys. The half marathon showcases the YMCA, the water tower, the Veteran's Home, the RTC, M State, Veteran's Bridge, Lake Region Healthcare, the Cancer Center, which is what we're raising money for anyways.

Katie Johnson: Right.

Karoline Gustafson: They get a very nice view of Fergus Falls.

Katie Johnson: Absolutely. And you mentioned the Cancer Center. It's important that we mention that, too. The funds raised through this race all go back to the Cancer Center and to the patients there.

Karoline Gustafson: Yes. We've been doing this for a number of years, and I think that the patients there at the Cancer Center really appreciate what we can do for them and help them.

Katie Johnson: It definitely makes that difficult time ... If they're having challenges with transportation, with groceries, or whatever it might be, the Survivorship Fund assists cancer patients and their families at the time they need it most. And it's events like this that help to fund that, and we they do appreciate it. Anything else? Maybe mention it just more time, the t-shirt guarantee cutoff is coming up and how to register?

Karoline Gustafson: Yep. Register by May 18th to be guaranteed a t-shirt, and you can do that online at LakeRegionRun.com or you can print off a registration form and bring it in, in paper form. Otherwise, registration goes all the way through race morning. So even if you're a last second decision, we're still there.

Katie Johnson: We'll be ready for you and hoping to see you at the Community Arena for the 2018 Lake Region Run coming up on Saturday, June 2nd. Karoline Gustafson the race director, my guest this morning, all the best to you for a great race again. I'm sure it will be a good one.

Karoline Gustafson: Yes, it will. Thank you.

Katie Johnson: Karoline and Katie remind you there is so much to do here. Stay healthy for it. Have a great day.