

Katie Johnson: Good morning and welcome to Apple A Day, Lake Region's Health and Wellness segment where we feature news and information you can use to live a healthier life. This is Katie Johnson and my guest today is Karoline Gustafson from our Health and Wellness Hub and the race director for the Lake Region Run. Good morning, Karoline.

Karoline G.: Good morning, Katie.

Katie Johnson: So, it is run week. We have a race coming up on Saturday. Tell us what's happening?

Karoline G.: Yup, Saturday, June 3rd is race day. We have a half-marathon, a half-marathon relay, a 5K and a one mile. Registration is still open, so if you're interested in registering for one of the races you can go to [www.lakeregionrun.com](http://www.lakeregionrun.com) and that will prompt you to register online. Otherwise, you can print out a registration form and bring it to us here at the Health and Wellness Hub.

Katie Johnson: That's fantastic. We hope that some listeners out there might be inspired to say, "Hey, it's getting nice out, it's going to be a great weekend for a run." And join us. For the listeners out there who are spectators, what can we expect for road closures and the times of the race and how they can cheer people on, things like that.

Karoline G.: Sure, the race starts at the community arena and the biggest road closure that you'll see is from Summit Avenue to Fir Avenue on Friberg. Friberg will be completely closed down from about 7 a.m. until noon, so just expect that. You can use Union Avenue to go around, otherwise you can sneak over to Summit to head north of the Y. That's the biggest thing. The 5K route on Cherry Avenue and Cleveland Avenue and Lake Alice will also be closed. They'll be really slow going if you're over by the school, so just allow a little bit more time when you're over there. For everyone that the routes is going by your place or you're know where it's going by, bring out some noisemakers, the runners love it, let's create a good atmosphere. We have just over 700 runners right now and with the forecast coming up, we're going to have a lot registrations this weekend and they come from out of town, so let's welcome some visitors in, maybe we can get them to stay.

Katie Johnson: Hey, wouldn't that be great? As a runner, I know there is nothing like seeing people along the route, encouraging you. Even if it's just a high-five or playing some music out of a speaker, it really makes a difference.

Karoline G.: It does. The atmosphere is just great. The whole event itself is very motivating so even if you're just in need of a little motivation yourself, come out along the route, just watch. You give one person a high-five and it helps them and it helps you.

Katie Johnson: It sure does and it all goes to a good cause.

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Karoline G.: Yeah, all the proceeds go to the Lake Region Healthcare Cancer Care and Research Center. It's stay right in our town and it's used by a lot of people in our town and surrounding areas.

Katie Johnson: Working with the foundation we get to see some of those requests that come in for that money and it really does make a difference in people's life at a very difficult time when they just need a little help with gas money or whatever it might be it does make a big difference. Now, for the runners who will be checking in, we have packet pickup that starts on Friday night.

Karoline G.: Yup, so everything is going to be hosted at the community arena. Packet pickup starts at 5 p.m. on Friday night and goes until 8 p.m. I also know that's graduation night so we do have packet pickup on Saturday morning, that starts at 6:30 and runs until about 8 a.m. and then the half-marathon and relay gun start is at 7:30, the one mile starts at 8:15 and the 5K starts at nine.

Katie Johnson: And you obviously need a ton of people to put on an event like this, including a lot of volunteers. How does your volunteer base look? Are you still looking for some more?

Karoline G.: We could use a few more. We're doing pretty well but we could use a few more hands, so we can just divvy out some jobs a little bit more so if you're interested in volunteering, you can also go to [lakeregionrun.com](http://lakeregionrun.com) and there's a little volunteer tab, otherwise you can call, 736-8451.

Katie Johnson: And Mary will take your name, nothing too difficult, right? This isn't stuff that we're needing a lot of training for, anybody can handle the volunteer duty.

Karoline G.: Yes, anyone can handle it. Basically, you'd be standing near the road, near intersections and making sure runners go in the right direction and you'll know the right direction because there will be a route sign here. It's not too difficult and just keeping them safe and encouraging them a long the way, as well.

Katie Johnson: A great atmosphere once the race is done, too. You have a live band playing. We've got some fun amenities for both spectators and runners.

Karoline G.: Yeah, Chasing Tomorrow is going to be playing at our finish line, they do a great job and then Stumbeano's Coffee will be out there selling hot coffee and cold coffee. Come on down, if you just need something to do on Saturday morning, come check it out. If your family members are out on the course, go to [lakeregionrun.com](http://lakeregionrun.com) and you'll see exactly where the course is and you can follow them through.

Katie Johnson: Basically any question you might have about race day can be found on that website. Anything we're forgetting, you want to talk to our listeners about this morning?

Karoline G.: Just make sure you're aware of the road closures. It's going to be slow going over in that area, so if you see some of the volunteers that are out there, they're helping for a good cause. Just give yourself a little bit more time and be courteous to everyone on the road.

Katie Johnson: We're looking forward to a great race. The Lake Region Run coming up this Saturday, again with all proceeds befitting the Cancer Care and Research Center. A big thank you to Karoline, our race director and of course to our sponsors, too, for helping making this event possible and to raise money for the Cancer Center and give everyone a good cause to get out and get moving.

Karoline G.: It's just a great place to get out, going around Lake Alice, it's beautiful. Come on out, help out the Cancer Center and cheer on the runners.

Katie Johnson: We hope to see you all Saturday at the Lake Region Run. It is sponsored by Lake Region Healthcare and supports the Cancer Care and Research Center, [www.lakeregionrun.com](http://www.lakeregionrun.com) if you need more information. Karoline, thanks for taking time to visit with us this morning.

Karoline G.: Thank you, we'll see you Saturday.

Katie Johnson: Karoline Gustafson and Katie Johnson on Apple A Day, reminding you there's so much to do here, stay health for it. Have a great day.