

Katie Johnson: Good morning and welcome to Apple a Day, Lake Region Healthcare's health and wellness segment. This is Katie Johnson along with my guest Karoline Gustafson this morning. Karoline is an athletic trainer at the Lake Region Healthcare Mehl Center Health and Wellness Hub, and she also happens to be the race director for the Lake Region Run. Good morning, Karoline.

Karoline G.: Good morning.

Katie Johnson: It's race week. We have the Lake Region Run coming up this Saturday. Lots to let the community know about in terms of what's happening. How are things shaping up for the race this year?

Karoline G.: Things are going great this year. We're really close to 800 participants. Numbers are pretty much right on from last year. A couple things to keep in mind is that Friberg Avenue will be closed from Summit into Fir from about 7:45 AM until around noon. Expect major traffic delays over there if you're planning on going over there. Along the 5K course, which is Friberg to Cherry to Cleveland to Lake Alice, those are going to be pretty much shut-down. If you're planning on getting anywhere over there the morning of, just expect delays.

Katie Johnson: The courses are a little bit different this year, right?

Karoline G.: Yep. The courses are a little bit different. The biggest difference is the 5K. Last year, we didn't go all the way around Lake Alice, and this year we are. We're just highlighting Fergus Falls a little bit. The half marathon of course goes in front of our bigger landmarks, Hillcrest and Veterans Bridge and the RTC. There'll be runners out on the roads, so just make sure you're paying attention.

Katie Johnson: If you happen to live along the course or even just looking for something fun to do that morning, it's really great to see people out cheering.

Karoline G.: Yeah. Get out on your lawns, play some music if you want. All the runners really appreciate just a little boost here and there. Sometimes just your little bit of motivation for them can get them to the finish line.

Katie Johnson: Absolutely. Still looking for some volunteers to help make the event go off as well?

Karoline G.: Yeah. We are still looking for some volunteers. You can call Mary Budke at 736-8610. We have a lot of people out on the course. We have people coming in from Canada. We've got 6 different states. We just really want to welcome them to Fergus Falls and let them know how friendly we are.

Katie Johnson: Volunteers are really important to making sure that the runners stay safe as well, having enough volunteers.

Karoline G.: Yep. They sit at a lot of the intersections. Just make sure you're watching out for

them. We'd love to have you out. It's just a very inspiring event. If you just need a little motivation for yourself to come out and volunteer and just see everything that's going on.

Katie Johnson: Volunteering doesn't take any special skills, right? We just need people.

Karoline G.: Yeah. We need people. If you can wear a T-shirt, you're good to go.

Katie Johnson: A free T-shirt! You can't beat that, right?

Karoline G.: Yeah. Everyone loves a free T-shirt.

Katie Johnson: Awesome. This all takes place, we haven't mentioned, at the Community Arena. That's the start and finish for the race. There's some fun events planned around that as well. Starting on Friday with registration packet pick-up.

Karoline G.: Yep. Everything will be in the South Rink at the Community Arena. We'll be opening that big garage door, and you can just show up. You can register that Friday night. You can register Saturday morning. You'll get your T-shirt or your [raceway 00:03:02], whatever you get. Then Saturday morning, the band starts playing at about 7:30. Giving Back Jack will be out there playing live music. They're just awesome. They bring everything together.

Katie Johnson: They do. They really are fun to listen to and add a lot to the race atmosphere. You mentioned that you can register on-site Friday night and Saturday. Is registration online still open as well?

Karoline G.: Yep, online registration is open until midnight on Thursday night before the race. Then Friday and Saturday, you can register at packet pick-up.

Katie Johnson: Anything else you want our listeners to know about the Lake Region Run? I guess we haven't talked about where the proceeds go. That would be something good to mention.

Karoline G.: Yeah. All our proceeds go right to our Cancer Care and Research Center. They do some great stuff for our patients that we have here. It's very appreciated by the staff and the patients over there. Great cause. Fun atmosphere. Just a great time.

Katie Johnson: The Cancer Center I know is planning to man one of the volunteer stations. You have a lot of great businesses that also show up and help, like with the water stations. Maybe a shout-out to them would be a good way to thank them for their participation as well.

Karoline G.: Yeah. All of our water stations are great. They get out there early, they make sure the runners have water, they clean everything up, and they cheer you on and get you going. All of our volunteers and all of our sponsors and everything that pulls us together, the police department, the city officials, everyone has been pulling

together to make this event happen. It's just a very, very, very fun thing for our community.

Katie Johnson: It really is. I don't think a lot of people have any grasp of how many people it takes and how much coordination it does take from so many different agencies to pull off a race like this. It really is a great showcase for Fergus Falls, for the community. A great way to welcome people from out of town to our community and even for the hometown people to be reminded of how hilly and beautiful our city is.

Karoline G.: Yes. The trees are in full-bloom. We've got lilacs out. It's beautiful courses all the way around.

Katie Johnson: Karoline, thanks so much for all the work that you do as race director to make the Lake Region Run a success and to bring in money for our Cancer Care and Research Center and showcase Fergus Falls as a great place to come and run and a great place to visit, and a great place to live. We appreciate all you do.

Karoline G.: Thank you very much.

Katie Johnson: This Saturday is the Lake Region Run. Again, a reminder to be on the lookout for the runners, be prepared for some road closures, taking a little extra time to get around town this Saturday. Get out and cheer if you can. We have over 800 runners coming to town participating and we look forward to welcoming them to Fergus Falls along with you. Karoline Gustafson, my guest today on Apple a Day. Karoline and I both reminding you there is so much to do here. Stay healthy for it. Have a great day!