



NEWS RELEASE
FOR IMMEDIATE RELEASE – JULY 19, 2011

37TH ANNUAL SALEM DISTANCE RUN SET FOR AUGUST 13

The 37th Annual Salem Distance Run will be held Saturday, August 13, featuring 5k and 10k distance runs and a 3-mile “Poker Walk.” All three events will begin at 8am at Longwood Park.

The entry fee for the running events is \$20, while the participants in the “Poker Walk” are required to pay a \$15 fee. Registration forms for the events are available throughout the Roanoke Valley or online at www.healthfocusswva.org

Any registration forms postmarked after August 5 will require the participant to pay an additional \$5 to the entry fee. That charge also will apply to those who register the day of the event.

A picnic for participants will be held the night before the “Run” on Friday, August 12, from 5pm to 7pm at Longwood Park. Packet pick-up will be available that evening for the runners, who also are invited to stay for a hot dog, chips and a drink. A DJ and children's activities also will be part of the picnic festivities.

For additional information contact Health Focus of Southwest Virginia at (540) 444-2925.

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