



### NEWS RELEASE

#### **GET MOVING TUCSON CONTACT:**

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**Tucson, Arizona – September 10, 2008** – Carondelet Health Network and the Southern Arizona Roadrunners are proud to announce the 4<sup>th</sup> Annual *Get Moving Tucson* 10-mile Race and 5K Run/Walk to take place on Saturday, October 18, 2008.

“We want to bring people Downtown to celebrate health and wellness,” says race director, Randy Accetta, President of the Southern Arizona Roadrunners. “The event is designed for families, walkers and all runners of all ages and abilities. It’s a unique chance to enjoy Downtown Tucson, and run over the new Basket Bridge and walk or run throughout the great Downtown, Fourth Avenue, and University-area neighborhoods.”

*The Carondelet Get Moving Tucson 10-Mile Run and 5K Run/Walk* is one of the region’s most unique running events, for many reasons:

- Scenic Downtown course, with both 10-mile run and 5kwalk/run courses starting and ending at the TCC and winding throughout historic Downtown Tucson -- 10 miler goes over scenic Basket and Rattlesnake Bridges, along Fourth Avenue and through the University Avenue/Main Gate shopping district.
- The 5k family-friendly walk and run winds throughout Downtown neighborhoods.
- Great weekend getaway with discounted hotel pricing at the Hotel Arizona and Hotel Congress, and a pre-race pasta dinner at the Hotel Congress;
- The family-friendly post-even Fitness Festival will include the YMCA climbing wall and YMCA youth fitness activities; live music; free massage to everyone courtesy of the

Cortiva Institute's Desert Institute of Healing Arts; kids activities of jumping castles, face painting, and more.

- A portion of the proceeds will benefit Carondelet Health Network's wellness programs;
- With a total prize purse of \$3,000, it will draw some of the finest regional, national and international runners as participants. Previous top finishers were from Kenya, Uganda, and Ethiopia.
- *Get Moving Tucson* is the Arizona State 10-mile Championship Race and a part of the Southern Arizona Roadrunners Desert Grand Prix. Race organizers expect close to 2,000 runners and walkers.

Runners, walkers, and families can also participate in a shorter 5k (3.1 mile) timed race, and non-competitive Family Fitness Walk, weaving through historic Downtown neighborhoods. Tucson Mayor Bob Walkup will also be participating in that portion of the race.

Following the event, participants, supporters and families are invited to a Fitness Fair and Children's Festival at the Tucson Convention Center, with such activities as jumping castles, YMCA climbing wall, arts and crafts, and more.

Registration is available at [www.azroadrunners.org](http://www.azroadrunners.org). In-person registration and early registration packet pick-up is available at The Running Shop (3055 N. Campbell on Friday, October 17th from 10-4. Race day registration & packet pick-up will be available at Tucson Convention Center on Sunday, October 21st from 6:00-7:00 AM.

The 2008 event will be produced by the Southern Arizona Roadrunners, which is a not-for-profit organization dedicated to promoting health and fitness in Tucson and Southern Arizona through running and walking.

The title sponsor is Carondelet Health Network; Carondelet Health Network is Southern Arizona's oldest and largest non-profit healthcare provider. It is the mission of Carondelet Health Network to provide for the healthcare needs of the community; to embrace the whole person in mind, body and spirit; and to serve all people with dignity.

For more information on this event, go to [www.carondelet.org](http://www.carondelet.org) or contact Race Director, Randy Accetta at [president@azroadrunners.org](mailto:president@azroadrunners.org) or 520-991-0733.

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