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## Med Center Health 10K scheduled early this year

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The 40th annual Med Center Health 10K Classic will happen a little earlier than usual this year.

On Sept. 21, participants in the race – which has typically been held in October – will begin and complete the six-mile run on Western Kentucky University’s campus near Houchens-Smith Stadium.

Doris Thomas, vice president of development at Med Center Health and the 10K race director, said the event was scheduled for September to accommodate the WKU football schedule and area fall breaks. But it remains the same motivator for people to exercise as it has for four decades.

“This is such a wonderful community event,” Thomas said during a news conference Friday at The Medical Center-WKU Health Sciences Complex. “We want to keep you healthy and improve your quality of life.”

The day also features a 5K run or walk, a 10K wheelchair race and two mini races for schoolchildren. The 5K begins at 7:30 a.m., followed by the wheelchair race at 8:10 a.m. and the 10K at 8:15 a.m. The fourth- through sixth-grade children’s race begins at 9:30 a.m. and the kindergarten through third-grade race begins at 9:45 a.m.

Joe Tinius, a race co-chair, said there will not be a 3K this year due to participants increasingly selecting the greater distances.

“It’s hard to think this is the 40th year,” Tinius said Friday. “Very few communities have events that carry on for four decades.”

Four people have run the 10K since 1980, and two attended the news conference Friday.

Bob Napier began running about 40 years ago, shortly before the first race.

“In the old days, this wasn’t that common,” Napier said. “Every year, I look forward to it.”

Napier still runs six days a week. In addition to the Med Center Health 10Ks, Napier has run several hundred races. He enjoys meeting friends and keeping his heart healthy.

“When I get up, I’m going to run,” Napier said.

Warren Vaughan, 82, also began running one year before the first 10K. His physician handed him a book on aerobics, and he’s been running ever since. He still walks or jogs three or four days a week, so that he’s always up for a 10K at any moment.

“It’s a motivator to get active,” said Vaughan, who suggested that consistent exercise in moderation was the key to continual health – and could help people stay out of the doctor’s office when they’re older. He appreciates the motto, “live long, die quick.”

He has now run 401 races. He said he has more T-shirts than Napier, but Napier has more trophies.

They both expressed appreciation to Med Center Health for continuing the tradition and inspiring people to get and stay active.

Each participant will receive a commemorative medal and will be entered into a drawing for one of five \$1,000 prizes. Participants who register by July 31 become eligible for one of two \$500 prizes.

Med Center Health will host athletes in a Health & Fitness Expo on Sept. 20 at The Medical Center-WKU Health Sciences Complex. There will be a carb-heavy meal, along with pickup of race T-shirts, numbers and electronic chips for recording times.

For more information and to sign up, visit [themedicalcenter10k.com](http://themedicalcenter10k.com).

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