

Support local charities through Edgerton Running Series

Submitted by Edgerton Hospital and Health Services

Four local non-profit organizations—Edgerton Lions, Edgerton Rotary Club, Chilimania and the Edgerton Hospital Capital Foundation—will again be hosting the Edgerton Running Series in 2017.

By participating in these run/walks, individuals are also supporting the fundraising efforts for local charities. This group gives community members a chance to give back locally while encouraging physical fitness and offering an exciting reward.

This year, the group sweetened the incentive by giving participants in any of the Edgerton Running Series races a chance to win a Trek bicycle valued at \$1200. Runners and walkers will have their name entered upon registration, which allows up to four chances to win. The drawing will take place Sept. 16 at Edgerton Hospital's Victory Fun Run/Walk and you need not be present to win. All net proceeds from these events will support local organizations.

The following events are included in the Edgerton Running Series:

•Dash Against Diabetes, May 6, Edgerton's Racetrack Park, www.edgertonlions5k.com

•Rotary Rascal Run, July 15, Edgerton's Racetrack Park, rascalrun.weebly.com

•5K Chili Chase, Sept. 9, downtown Edgerton,

www.chilimania.com
 •Victory Fun Run/Walk, Sept. 16, Edgerton Hospital, edgertonhospitalvictoryfunrunwalk.blogspot.com
 If you've always

wanted to try a race, even if just for fun, these organizations want you to know that any fitness level can participate. Forming a team, running with your dog or walking

with a friend can make it even more enjoyable. If you're new to running, try to follow a training schedule like the sample below:

Week 1

Day 1: Run 10 minutes, walk 1 min – repeat 2 times
 Day 2: Rest or cross-train
 Day 3: Run 12 minutes, walk 1 min – repeat 2 times
 Day 4: Rest
 Day 5: Run 13 minutes, walk 1 min – repeat 2 times
 Day 6: Rest or cross-train
 Day 7: Rest

Week 2

Day 1: Run 15 minutes,

walk 1 min - repeat 2 times
 Day 2: Rest or cross-train
 Day 3: Run 17 minutes, walk 1 min, run 7 min
 Day 4: Rest
 Day 5: Run 19 minutes, walk 1 min, run 7 min
 Day 6: Rest or cross-train
 Day 7: Rest

Week 3

Day 1: Run 20 minutes, walk 1 min, run 6 min
 Day 2: Rest or cross-train
 Day 3: Run 24 minutes
 Day 4: Rest
 Day 5: Run 26 minutes
 Day 6: Rest or cross-train

Day 7: Rest
Week 4
 Day 1: Run 28 minutes
 Day 2: Rest or cross-train
 Day 3: Run 30 minutes
 Day 4: Rest
 Day 5: Run 20 minutes
 Day 6: Rest
 Day 7: Race! Run 3.1 miles

And, if you want to walk, that's great too! Both runners and walkers will have a chance to win the Trek bicycle.

For more information, follow the Edgerton Running Series on Facebook, www.facebook.com/EdgertonRun.



Participants young and old took to the streets during 2015's Edgerton Running Series. (Photos submitted by Edgerton Hospital & Health Services)

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