

# Valley of Gold Half Marathon and Oro Valley Hospital 5K

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**Health and fitness, beautiful weather, charities, community camaraderie, and an after party. What other reason is there to not participate in the Sixth Annual Valley of Gold Half Marathon and the Oro Valley Hospital 5K on March 28, 2010? Although a month away, there is limited reservations for walkers and runners available, and it's expected to fill by early March, so don't hesitate to register your spot in the race.**



This half marathon and 5K benefits The Leukemia and Lymphoma Society, which "is the world's largest voluntary health organization dedicated to funding blood cancer research, education, and patient services." The Angola Project of Tucson, AZ, will also receive a portion of the proceeds. The Angola Project, started by three Tucson high school students, raises money for RISE International, an organization dedicated to rebuilding Angolan lives and communities, "bringing the opportunity to receive an education to thousands of children."

Besides the global charitable efforts, the half marathon and 5K also celebrates motivation, exercise and living well. Encourage team work and workplace fitness among your co-workers by participating in The Arizona Distance Classic Corporate Challenge. The winning title, trophy and prizes are awarded to teams based on the number team members, fundraising and selective team members' fastest times.

If teammates need some tips or inspiration during the excitement and training for the half marathon and 5K, the walkers and runners should use resource and official trainer of the event, Keri Ruffell. She offers 10 steps to "starting and sticking with an exercise program." Read more on visualizing results, positivity, inspiration, and rewards on the Arizona Distance Classic's Training web page at [www.arizonadistanceclassic.com/training](http://www.arizonadistanceclassic.com/training).

The Arizona Distance Classic also sponsors the Half Marathon Wheelchair race, part of the University of Arizona Wheelchair Track and Road Racing Team, that jumpstarts the morning's events. There are 15 wheelers currently expected to participate this year. Also, following the half marathon and 5K is the Kids Fun Run, and children can participate in games, crafts, and one fourth to one mile long runs.

Ventana Medical Systems, host and sponsor, encourages participants to volunteer as well. Volunteers serve as part of the Race Crew who hand out water and Gatorade and distribute medals to finishers. Volunteers and participants will start at Ventana Medical Systems where refreshments will be served. Food and music follow the races at the finish line. Disposable Chips will also be distributed. They are attached to participants' shoes and provide accurate timing from start to finish. Awards will be given and every participant will receive a medal and free Mizuno technical t-shirt.

For more information, please visit [www.arizonadistanceclassic.com](http://www.arizonadistanceclassic.com).

To learn more about The Leukemia and Lymphoma Society, visit [www.leukemia-lymphoma.org](http://www.leukemia-lymphoma.org).

To learn more about The Angola Project, visit [www.firstgiving.com/theangolaproject](http://www.firstgiving.com/theangolaproject).