

“Get Fit for a Cause” Run Held on Saturday

The “Get Fit for a Cause” 10K, 5K and Fun Run was held on Saturday, September 18th on a course beginning at intersection of 1st Street and Bay Street in Gadsden. The run, sponsored by Quality of Life Health Services, Inc. was planned as a fundraiser for the Boys and Girls Club of Northeast Alabama. Dr. Deborah Smith, Chief Medical Officer for Quality of Life Health Services, Inc. (QOLHS) stated that this was the first year of the event, which QOLHS plans to coordinate annually. According to Dr. Smith, it is a great way to get fit and benefit a worthwhile organization. Cash prizes were awarded to the top male and female overall winners, with other awards given for winners by age category.

Overall Winners in the 10K Male category were: Derrick Carver (46:06); Alan Conaway (47:56) and Mark Richey (48:15). **Overall Winners in the 10K Female** category were: Joanne Fort (46:20); Sally Thrasher (48:15) and Becky Cantrell (60:01).

Overall Winners in the 5K Male category were: Neal Mulkey (20:49); Dennis Davis (21:51) and Jay Deegn (22:05). **Overall Winner in the 5K Female** category were: Rana Davis (27:19); Kristy Phillips (28:23) and Raeshel Smith (30:35).

The **Fun Run winners** in the Male category were: Ethan Janess (7:51); Emanuel Lopez (8:15) and Wardrick Griffin (8:19). Female Fun Run winners in the Female category were: Madison Collins (9:28); Alexis Hughes (10:15) and Martha Valendia (10:20).

The winners by age group and gender were as follows: **5 K: Under 14 Females:** Destiny Heathcox (33:30); Madi Sexton (33:40) and Aleya Wofford (36:26). **Age 20-24 Females:** Abbie Echols (33:19) and Amanda Grale (44:47). **Age 25 – 29 Female:** Holly Mayes (31:50). Male 30 – 34 winner was Chris Ashley (26:40). **Females 30 – 34** winners were Rana Davis (27:19); Kristy Phillips (28:23) and Elizabeth Collins (29:32). **Male 35-39** winners were: Dennis Davis (21:51); Brian Mount (25:09) and Keith Lowe (35:23). **Female Winners 40-44** were: Raeshel Smith (30:35) and Brada Grale (42:00). **Male 40-44** winners were: Neal Mulkey (20:49); Jag Deegn (22:05) and Mark Johnson (29:40). **The Female Winner for age 45-49** was Susan Mostella (53:42) and in the **Male category age 45-49** the winners were: Chuck Walker (39:12) and Mark Brittain (53:42). **Female Winners in the 50-59** category were Carollynne Blackney (31:29) and Toni Curtis (39:30). **Males Winners in the 50-59** category were: David Edwards (24:04); Tim Frankin (24:33) and Michael Cornelius (27:37).

10K: 25-29 Male winners were: Derrick Carver (46:06) and Joseph Bone (53:11). **Female winners in the Female 30-34** age group were: Sally Thrasher (48:15) and Chastity Sexton (60:05). **Male winners in the 35-39** age group were: Jason Collins (54:24) and Chris Collins (54:25). **Female winners age 35-39** were: Deena Cook (60:10); Andrea Blackwell (60:11) and Carrie Lassiter (60:15). **Male winners in the 40 – 44** category were: Kevin Payne (49:16) and Bobby Mintz (60:03). **The Female winner in the 45-49** age category was Joanne Fort (46:20) and in the **female age category 50-59**, the winner was Becky Cantrell (60:01). The **male winners in the 50-59** age group were: Alan Conaway (47:56); Mark Richey (48:15) and Dennis Dunn (53:15).