

AN OPPORTUNITY TO PUT YOUR BEST FEET FORWARD



Second annual 5K Walk/Run

Saturday, October 2

Starts at 8 am

Location: Coffee Creek
Watershed Preserve, Chesterton

Picture yourself on a crisp autumn morning savoring the fresh air with friends and family. The Coffee Creek Watershed Preserve in Chesterton provides an idyllic setting as you and your companions set out on a three-mile journey encountering breathtaking flora and fauna every step of the way.

You are invited to take those "Footsteps to Fitness" by participating in the second annual 5K Walk/Run, sponsored by the Duneland Health and Wellness Institute. The event will be held Saturday, October 2.

Last year, the event drew 60 participants ranging in age from 8 to 70, according to Theresa Valade, director of the Duneland Health and Wellness Institute. "We hope to double that number. The event is open to all ages, and requires no special skills, other than desire. You have the opportunity to set your own pace, either running or walking," Valade says.

Paul Stofko, fitness specialist at the Institute and director of the race, sees the non-competitive nature of the event as a plus for families who want to enjoy the morning together. Stofko, who has participated in competitive marathons spanning 100 miles, envisions this event as "offering an entirely different atmosphere."



"Whether you exercise regularly, or prefer the couch to a stationary bicycle, this is a no-pressure opportunity to participate in a healthful activity at your own pace," Stofko says.

Runners will leave the starting gate at 8 a.m. Walkers will step off at 8:10 a.m. The course will wind through the 167-acre preserve, covering five kilometers, which is slightly more than three miles.

Each runner/walker will receive a goody bag, and will be enrolled in a raffle for prizes donated by local merchants.

There is no fee to register for the event. To "step up to the challenge and register," phone the Duneland Health and Wellness Institute at 983-9832, ext. 502.

The Duneland Health & Wellness Institute is a comprehensive center that focuses on complete health of the mind and body. Coffee Creek Watershed Preserve is located on Indiana State Rt. 49, next to Hilton Garden Inn.



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219-983-9832 A partnership of St. Anthony Memorial Health Centers & Saint Margaref Mercy Healthcare Centers