https://www.bgdailynews.com/news/th-running-of-med-center-health-s-k-classic-this/article_2a2a6a7d-c62c-538a-b63c-49e7c47ddacb.html

40th running of Med Center Health's 10K Classic this weekend

By AARON MUDD amudd@bgdailynews.com 16 hrs ago

Participants run Saturday, October 13, 2018, in the Med Center Health 10K Classic along the Avenue of Champions on Western Kentucky University's campus. (Bac Totrong/photo@bgdailynews.com)

Buy Now

Bac Totrong/Daily News

When runners gather Saturday for this year’s Med Center Health 10K Classic, they’ll mark the event’s 40th annual running.

Doris Thomas, vice president of development at Med Center Health, often hears from fans of the 6.2-mile race who say it’s helped create a walking or running habit in their daily lives.

Over the years, the event has expanded, adding a 10K wheelchair race, 5K run or walk and a 1.5-mile Children’s Classic fun walk.

“We often say this is the race for everyone,” Thomas said. “We have an event that most everyone can participate in.”

When it started in 1979, the race was known as the Wendy’s 10K Classic. In 1988, the race was renamed The Bowling Green 10K Classic and continued to draw thousands from around the world to participate, according to the race’s website at themedicalcenter10kclassic.com. In 2000, The Medical Center became its title sponsor.

More than 1,300 people have registered for this year's event. Online registration closed Wednesday, but registration may also be completed on-site the day of the race or at the Health and Fitness Expo, which will be from 4 p.m. to 7 p.m. Friday at The Medical Center-WKU Health Sciences Complex.

During the expo, The Medical Center will provide free health screenings, including tests to measure lung function, circulatory health and blood pressure screening and body fat composition, among others.

In conjunction with the expo, a pre-race pasta dinner complete with high-carb foods will be served and is free to those who present their race number at the door.

The main 10K race is set to begin at 8:15 a.m. Saturday. Through this year's Cash Drawing, five $1,000 awards and two $500 Early Bird awards will be up for grabs. Eligibility for the Early Bird drawing means participants need to have registered by July 31. Also new this year, all participants who finish the race will receive a medal with a design featuring Bowling Green's iconic water tower.

Runners will follow a route that begins at Western Kentucky University, winds through downtown Bowling Green and then finishes at WKU's Houchens-Smith Stadium.





The route is similar to last year's, with one change being that the start line has moved to the front of E.A. Diddle Arena on the Avenue of Champions, Thomas said.

The morning's events begin with the 5K run or walk at 7:30 a.m. followed by the 10K wheelchair race at 8:10 a.m. The Children's Classic begins at 9:30 a.m. for fourth through sixth grades and 9:45 a.m. for kindergarten through third grade.

Since taking over the event in 2000, Thomas said it has grown to fit Med Center Health's mission.

"Our mission is to care for people and to improve the quality of life in the communities we serve," she said.

Promoting active lifestyles is key to that, Thomas said.

– Follow education reporter Aaron Mudd on Twitter @BGDN_edbeat or visit bgdailynews.com.

– Follow education reporter Aaron Mudd on Twitter @BGDN_edbeat or visit bgdailynews.com.

Aaron Mudd

Education reporter. Covers education and related issues, focusing primarily on the Bowling Green and Warren County public school districts and Western Kentucky University.

RECOMMENDED

4 Weird Signs You'll Live Past 100

Sad News Confirmed For Tiger Woods

Clint Eastwood Finally Confirms The Rumors On Today.

A Tragic End Today For Laura Ingraham

Powered by FEEDNETWORK

RECOMMENDED

4 Weird Signs You'll Live Past 100

Clint Eastwood Finally Confirms The Rumors On Today.

Sad News Confirmed For Tiger Woods

A Tragic End Today For Laura Ingraham

Powered by FEEDNETWORK

TAKE A LOOK

- **Sad News Confirmed For Tiger Woods**
- **Men Don't Need Viagra If You Do This Once Daily**
- **CBD 'Miracle Oil' Helps Fight Pain Naturally**
- **Do This Every Day to Fix Your Thyroid**
- **A Tragic End Today For Laura Ingraham**
- **1 Trick Kills Erectile Dysfunction - Wives Are Speechless**
- **My Flash x900 Is So Bright It Can Blind A Bear... No Patriot Should Leave Home**
- **Clint Eastwood Finally Confirms The Rumors On Today.**
- **The 5G Device Every American Must Have This Year**
- **4 Weird Signs You'll Live Past 100**

Powered by FEEDNETWORK

TAKE A LOOK

- **My Flash x900 Is So Bright It Can Blind A Bear... No Patriot Should Leave Home**
- **Do This Every Day to Fix Your Thyroid**
- **Sad News Confirmed For Tiger Woods**
- **Clint Eastwood Finally Confirms The Rumors On Today.**
- **CBD 'Miracle Oil' Helps Fight Pain Naturally**
- **A Tragic End Today For Laura Ingraham**
- **The 5G Device Every American Must Have This Year**
- **1 Trick Kills Erectile Dysfunction - Wives Are Speechless**
- **Men Don't Need Viagra If You Do This Once Daily**
- **4 Weird Signs You'll Live Past 100**

Powered by FeedNetwork

TAKE A LOOK

- **The 5G Device Every American Must Have This Year**
- **My Flash x900 Is So Bright It Can Blind A Bear... No Patriot Should Leave Home**
- **1 Trick Kills Erectile Dysfunction - Wives Are Speechless**
- **[Pics] NCIS Star Ziva David Is No Longer An Actress, Or Even Close**
- **4 Weird Signs You'll Live Past 100**
- **Men Don't Need Viagra If You Do This Once Daily**
- **Do This Every Day to Fix Your Thyroid**
- **Sad News Confirmed For Tiger Woods**
- **CBD 'Miracle Oil' Helps Fight Pain Naturally**
- **Trump IQ Vs Obama IQ Guess The Winner**

Powered by FeedNetwork

RECOMMENDED

CBD 'Miracle Oil' Helps Fight Pain Naturally

Stop Exercising! Just 1 Cup Melts Fat Overnight

Ad

1 Trick Kills Erectile Dysfunction - Wives Are Speechless

The 5G Device Every American Must Have This Year

Powered by feednetwork