

The 3<sup>rd</sup> Annual “Extreme Fitness Run For Health” 5K Walk/Run and ½ mile Children’s Walk/Run will be this Saturday. The race will start and finish at Barren River Plaza in Glasgow. You can pre-register online at [www.extremeky.com](http://www.extremeky.com). Race day registration will begin at 6:30am. 100% of the proceeds will benefit ‘Community Medical Program’ here in Barren County. Dr. Bharat Mody tells us more:

{audio}http://wcluradio.com/newscuts/102213drmody1.mp3{/audio}

‘Community Medical Care’ is now in its 11<sup>th</sup> year of operation and helps many residents of our area, as Dr. Mody explains:

{audio}http://wcluradio.com/newscuts/102213drmody2.mp3{/audio}

The “Extreme Fitness Run For Health” will be this Saturday with registration beginning at 6:30am. The race will start at 8:00 and the Children’s Fun Walk/Run will begin at 9:30, and both will start and finish at Barren River Plaza.

There will be prizes given away and inflatables for the kids. For more information or to volunteer at this event contact: Extreme Fitness at (651-3038 or visit: [www.extremeky.com](http://www.extremeky.com)).