

### **February Freeze 5K Fun Run/Walk Scheduled for Feb. 14**

RAPID CITY, SD - To recognize National Cardiac Rehabilitation Week, Rapid City Regional Hospital's Cardiac Services Department will host a 5K Fun Run/Walk at noon on Sunday, Feb. 14.

To pre-register for the 5K Run/Walk, call Rapid City Regional Hospital's Cardiac Services at (605) 719-8045 or pick up a registration form at the following locations: Cardiac Services at Rapid City Regional Hospital, the Runner's Shop located at 41 E. Omaha St., or at Fitness Plus in Baken Park next to Boyd's Drug Mart.

The deadline for early registration is Friday, Feb. 5 and the cost is \$11. Participants can also register from 11 a.m. to 11:45 a.m. on the day of the race in Rapid City Regional Hospital's West Auditorium. Race day registration is \$16. Each participant will receive a long-sleeve T-shirt with paid registration. Following the race, refreshments and door prizes will be given away in the Hospital's West Auditorium.

For more information about the February Freeze 5K Run/Walk, call Rapid City Regional Hospital Cardiac Services at (605) 719-8045.