

Welcome to
Better Health

A Weekly Update
for Asante Employees

Every patient,
every day, every time.

ASANTE® News

ASANTE ASHLAND COMMUNITY HOSPITAL | ASANTE PHYSICIAN PARTNERS | ASANTE ROGUE REGIONAL MEDICAL CENTER | ASANTE THREE RIVERS MEDICAL CENTER

To Your Health: Pear Blossom in the Books

The 2015 Pear Blossom Run is history, which should lead to an inevitable question for those who participated: What's next? Conditioning can drop off quickly if you lose motivation and stop running.



A few of the many Asante participants in the Pear Blossom 5k run

Asante Health Promotion Services has a few possibilities for those who would like to treat the Pear Blossom Run as a starting point rather than the finish line of their fitness efforts.

Local options range from a two-mile fun run to a 100-mile ultramarathon, and from a duathlon to a multisport relay. Here are some events to consider:

- Moontree Run (5k, 10k), Cave Junction, June 6, 541-592-4888
- Granite Man (triathlon, duathlon; 10m and 5m runs), Applegate Lake, June 13 and 14 (granite-man.com)
- Wild Rogue Relay (214m relay), Applegate Lake to Brookings, June 19 and 20 (thewildroguerelay.com)
- Ashland 4th of July Run (10k, 2m),

- Ashland, July 4 (Ashland Parks and Recreation)
- Britt Woods Firehouse Run (10k, 4m, 2m), Britt Woodlands in Jacksonville, July 11 (Southern Oregon Runners)
- Siskiyou Out Back Trail Run (50m, 50k, 15k), Mt. Ashland, July 25 (siskiyoutback.com)
- Mt. Ashland Mill Climb (13.3m), Ashland, Aug. 15 (mtashlandrun.com)
- Rogue Valley Relay (100k, 50k), Phoenix, Aug. 29 (roquevalleyrelay.com)
- Pine to Palm (100m), Williams to Ashland, Sept. 12 and 13 (roquevalleyrunners.com)
- The Rogue Run (marathon, half marathon, 10k), Medford, Sept. 19 and 20 (theroquerun.com)
- Siskiyou Challenge (46m multisport relay), Ashland, Sept. 19 (siskiyouchallenge.org)
- Stagecoach Run (10k, 5k), Jacksonville, Oct. 17 (Southern Oregon Runners)

It's advisable to consult your physician or call Asante Employee Health for a "clearance for exercise" appointment before beginning any new exercise program. Call Employee Health in Ashland at 541-210-4484, in Medford at 541-789-5008 or in Grants Pass at 541-472-7376.

Contact Health Promotion [by email](mailto:employeehealth@asante.org) with questions about training.