

ASANTE® News

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

To Your Health: Beyond the Pear Blossom

You've found the right pair of running shoes and settled on your running gear. You've started a running tradition by zeroing in on a particular race that will motivate you each year. You're all set for this year's April 11 Asante Pear Blossom Run.



But what happens next? Your conditioning will go downhill fast if you stop running after this weekend's race. 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 (thewildroquerelay.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 (roguevalleyrelay.com)
- Pine to Palm (100m), Williams to Ashland, Sept. 12 and 13 (roguevalleyrunners.com)
- The Rogue Run (marathon, half marathon, 10k), Medford, Sept. 19 and 20 (theroguerun.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.

A group photo of all Asante employees participating in any of the Pear Blossom events will be taken at 6:30 a.m. on the Medford City Hall steps, at Oakdale Avenue and Eighth Street. Asante is the presenting sponsor of the Pear Blossom Run.

Contact Health Promotion [by email](mailto:healthpromotion@asante.org) with questions about the event or training.

