

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 Tips and Treats

The countdown to this year's April 11 Pear Blossom Run is on, and the staff at Asante Health Promotion Services want to make sure all your training pays off with a positive experience.



Their tips for running gear and equipment:

- The only running gear you really need to run a 5K (or a 10-miler) is a good pair of running shoes. Go to your local running specialty store and get properly fit. Make sure the store's staff watch how you run, both barefoot and then in several pairs of shoes. They should be watching to make sure the shoe helps support how you run. If the shoes don't feel comfortable, keep looking – they should not hurt your feet.
- If you're into gear, then you can look into a sports watch that can display your mileage and – depending on the model – your speed, pace, calories burned and other information. There are plenty of apps on the market that can enable your smart phone to do the same tasks.
- You can also look into buying higher end running clothes, but they aren't a necessity - especially at the 5K distance. These clothes can include a technical tee (a T-shirt that wicks sweat away from your body), special wicking socks and running shorts or pants. Some people like the gear as it can improve comfort, reduce chaffing and even make them feel empowered. Other runners are content with the T-shirts and shorts already in their wardrobes.

A couple of local options for running and walking shoes, apparel and gear:

- [Rogue Valley Runners](#), 161 E. Main St., Ashland (541-201-0014)
- [Sports Authority](#), 1600 N. Riverside Ave., Medford (541-282-5736)

The Health Promotion Team and members of the Asante Wellness Committee will be in hospital cafeterias this week with information on Pear Blossom, Relay for Life and more. Don't forget to enter the drawing for a gift basket:

- Asante Rogue Regional – Tuesday, March 10, 11 a.m. to 1 p.m.
- Asante Three Rivers – Wednesday, March 11, 11 a.m. to 1 p.m.
- Asante Ashland – Thursday, March 12, 11 a.m. to noon

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.

[Registration](#) for all three Pear Blossom events is open online through April 11. The cost for the [10 Mile Race, which begins at 8:20 a.m.](#), is \$26 through April 4 then goes up to \$36. The [5K Race, which begins at 7:00 a.m.](#), is \$20 through April 4 and then goes up to \$30. The costs of the [Fun Run Races, which begin at 7:50 a.m.](#), are \$7 for the one-mile race, two-mile race or both races.

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](#) with questions about the event or training.

Asante News is published every Tuesday. Deadline for submission of articles is every Friday. Send via e-mail to [asantenews@asante.org](mailto:asantenews@asante.org).  
**Question or suggestions:** Call Communications and Marketing at (541) 789-3510 or extension 13510.