

Date: March 6, 2002

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## **Runners Preparing for Montgomery's First Road Rage 10K Race**

MONTGOMERY, March 6, 2002 - Runners of all types and with all kinds of physical disabilities will be competing at the Inaugural Montgomery 10K Road Rage Race. The race is scheduled to be held on Saturday, April 13th and will start and finish at St. Mark United Methodist Church at 1785 Taylor Road in Montgomery.

Race organizers are expecting hundreds of people to participate in this race, and are hoping that this will become an annual event. This year's inaugural race is being coordinated by volunteers from the three organizations that will benefit from the race's proceeds, and is being sponsored by Larry Puckett Chevrolet.

The proceeds from the Road Rage 10K will benefit the Alabama Association for the Physically Challenged, the Auburn University Montgomery Wellness Center, and the Montgomery Therapeutic Recreation Center. "The combined efforts of these organizations are to educate, inform, and support members of the Montgomery community who desire to lead healthier, more active lifestyles," said Lynnn Blue, an employee of Alabama Artificial Limb & Orthopedic Service, Inc. and one of the event's coordinators. "Each one of these organizations accomplish their goals in various ways, but the outcomes are common."

One of the individuals who benefit from the work that these organizations do is Linn Jacobs, a below knee amputee. Jacobs is a writer of children's books and creator of Wally the Whale, a character used in President Bush's campaign against drugs.

"I am so glad to see an event like this that is open to all people regardless of their physical ability," said Jacobs. "Personally I have benefitted from the work that I do with the Alabama Association for the Physically Challenged, so I am thrilled to see an event like this being held to benefit this organization."

As a member of the Alabama Association for the Physically Challenged, Jacobs volunteers as a peer counselor to help others who have recently experienced an amputation or other catastrophic injury by letting them know that their life can still be productive and enjoyable. "I guess I became involved with the AAPC because of my own experiences with an amputation," explained Jacobs. "So many aspects of recovery from an amputation were not even part of my vocabulary until I myself became an amputee. I feel that knowledge is power in the recovery process, and I want to help as many people as possible get through this by sharing my knowledge and experiences where it can help most."

In addition to the 10K (6.2 mile) race, a one-mile Fun Walk will be held following the completion of the 10K. Awards will be presented to the overall winner male and female, and the first three places in twelve different age groups. Sanctioning by USA Track & Field is pending for the race.

Runners interested in participating in the race may contact the Alabama Association for the Physically Challenged at (334) 281-2294 to request a registration form. The registration fee is \$12.00 in advance and \$15.00 on the day of the race, and includes a Road Rage T-shirt as well as a goody bag, and the chance to win a doorprize. Registration begins at 6:30 on the morning of the race. Spectators are welcome to cheer on the runners along the race's course.