

Commercialappeal.com – Memphis, TN

Health & Fitness Guide

October 17, 2005

Fitness Events

Fees \$25 age 18-older. \$20 ages 11-17, \$5 to 10-younger. Applications at Kroger Pharmacies in Shelby, Tipton, Fayette and DeSoto counties, Ford dealers, Sprint cellular stores, the Shops of Saddle Creek and all Starbucks locations. Register online at raceforthecurememphis.org. Walk-in registration at Race for the Cure office at 6680 Poplar 10 a.m.-7 p.m. Wednesday through Friday. Call 788-2873. No race-day registration.

Legal Legs for Justice 5K Run/Walk: 6:30 p.m. Oct. 28 at AutoZone Park. Registration 5 p.m. Fees: \$10 groups of five or more, \$11 Memphis Runners Track Club members, \$12 in advance (by Friday); \$15 race day. Hosted by Memphis Area Legal Services, and Shelby County District Attorney General's Office. Proceeds benefit MALS Domestic Violence Project and the Domestic Violence Council. 737-0853.

Free Running Clinic: 9-10 a.m. Nov. 5 at Athletic Shoes Etc., 2011 Exeter, Germantown. Learn how to run the right way with certified running coach Mark Higginbotham. 754-8254 or 722-8797.

Race for Grace 5K Run/Walk: 9 a.m. Nov. 5 at Shady Grove Presbyterian Church. \$15 in advance, \$20 race day. Supports Church Health Center. Register: 272-7170 or raceforgrace.racesonline.com.

Mid-South Championship Marathon and Half-Marathon: Nov. 5 in Wynne, Ark. The race is a qualifier for the Boston Marathon. (870) 238-5528; midsouthmarathon.racesonline.com

Walk to D'Feet ALS: 2 p.m. Nov 6 at Memphis Botanic Garden. A 1-mile walk to raise awareness and funds to fight amyotrophic lateral sclerosis (ALS). (877) 216-5551.

St. Louis School PACE RACE: 9 a.m. Nov. 12. A 5K run/walk and 1-mile fun run. Start at Shady Grove and Fleur de Lis Cove. \$15 advance registration (\$14 for MRTC members); \$20 race day registration; \$10 for run run. Register: active.com. 277-8437.

Turkey Trot 5K Run/Walk: Begins 9 a.m. Nov. 12 at Sharon Baptist Church, Savannah, Tenn. \$13 in advance or \$15 race day; \$10 age 18 & under. Proceeds to toward purchasing technological equipment for Savannah Christian Academy. (731) 925-5333 or savannahchristianacademy.org.

The Greenway 10 Miler: Nov. 13. Race on the Germantown Greenway. Visit: s2fevents.com or call 274-8240 for details.

The Bridges Hound Dog Urban Adventure Race: Nov. 19. A 12-hour urban adventure race through Downtown, Midtown, East Memphis and Germantown. Competitors navigate using map-reading skills through a bike, trek/run, and canoe section to try and claim a piece of the \$5,000 prize purse. s2fevents.com or 274-8240.

Turkey Trot and Turkey Leg Relay: 9 a.m. Nov. 24. Benefiting March of Dimes. s2fevents.com or 274-8240.

Caitlin's Help for Hope House 5K: Race starts 9 a.m. Nov. 26 (registration 8 a.m.) at Shelby Farms Information Center. Call 272-2702 ext. 216.

St. Jude Memphis Marathon, Half Marathon, Memphis Grizzlies House 5K: 8 a.m. Dec. 3 in Downtown Memphis. To register for race and to become a St. Jude Hero, visit stjudemarathon.org

Copyright, 2005 – commercialappeal.com – Memphis, TN. All Rights Reserved.