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Registration now open for Med Center Health 10K Classic

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More than 900 people took part in the 44th annual Med Center Health 10K Classic in 2023 at Western Kentucky University.

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MORE INFORMATION



10K Classic
back for 44th
year

The Med Center Health 10K Classic is still a few months away, but registration is now open for those interested in lacing up their running shoes and hitting the pavement.

In its 45th year, the race will be held Sept. 14, beginning on Western Kentucky University's campus,

40 years in, Med
Center Health 10K

Classic runs strong
Med Center 10K
goes virtual for 2020
40th running of Med
Center Health's 10K
Classic this weekend
Med Center Health
10K scheduled early
this year

winding through downtown Bowling
Green, and ending on Western's
campus.

This year's race includes a 5K
Run/Walk, a 10K Wheelchair Race,
the Med Center Health 10K Classic
and the Children's Classic for grades
K-5th.

Sarah Widener, race organizer and
health and wellness director at Med
Center Health, said that it's a race for
everyone.

"As usual, we have a little bit for
everybody," she said. "If you are an
experienced runner, or even if you
are just starting out, we encourage
you to participate. We would like to
emphasize that even if you are a
walker, come out and enjoy the day.
It's great exercise, as well."

For those planning to run in this
year's race, especially for those who
are not experienced runners,
Widener suggests to start training
now.

“The race will be in September, so it’s a little earlier this year,” she said.

“The weather could be warmer, so you want to be able to manage the heat in addition to what you have trained for.”

Cash drawings will be awarded as follows: five \$1,000 drawings and two \$500 early bird drawings. To be eligible for the two \$500 early bird drawings, you must register by July 31.

All events will start outside of Houchens L.T. Smith Stadium.

Last year, there were 900 racers participating and Widener said she hopes to see even more this year.

“It’s the same race that people love and are familiar with and we hope people will come out and enjoy the day.”

For more information and to register, visit mch10k.com. For questions and additional information, call (270) 796-2141 or visit the Med Center Health 10K Classic Facebook page.

Ann Marie Dotson