



Tri-City Medical Center

For Immediate Release
December 10, 2010

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TRI-CITY MEDICAL CENTER CONTEST WINNERS NEAR THE MIDPOINT OF TRAINING FOR THE TRI-CITY MEDICAL CENTER CARLSBAD HALF MARATHON

Oceanside – Fourteen North County residents who were chosen through a special Tri-City Medical Center-sponsored contest in August are nearing the midpoint of their training and are looking forward to running in the Tri-City Medical Center Carlsbad Half Marathon January 23. As title sponsor for the second year in a row of the marathon, Tri-City asked North County residents to write an essay about what health challenges they would like to overcome and why they deserve to win the contest that will kick start a healthier lifestyle, and in some cases, completely change lives.

The fourteen lucky winners receive free entry into the Tri-City Medical Center Carlsbad Half Marathon, a free, unlimited six-month membership to the state-of-the-art Tri-City Wellness Center, a personal health assessment and group training with the center's certified staff, and enrollment in a race-training program led by InMotion Fit, the Carlsbad company that produces the marathon.

The winners include a breast cancer survivor, an ovarian cancer survivor, a woman diagnosed with Multiple Sclerosis, and a 70-year old woman who wants to increase her stamina to keep up with her boogie boarding buddies. Participants will be enrolled in a six-month race-

training program, then run or walk in the 13.1-mile half marathon.

“Tri-City’s mission is ‘to advance the health and wellness of those we serve,’ and we couldn’t think of a better way to achieve this than by touching the lives of these fourteen people and making a real difference in their health and wellness,” said Larry Anderson, Chief Executive Officer, Tri-City Medical Center.

After submitting a 500-word essay on why they wanted to participate in the half marathon, entrants were selected based on current commitment to health and physical activity, dedication and availability for a six-month training program, and aspiration to achieve fitness goals.

The winners are: Lynda Barrett, 70, Carlsbad; Jim Bell, 46, Oceanside; Casey Campbell, 20, Carlsbad; Paul Carey, 32, Carlsbad; Owen Cobb, 35, Cardiff by the Sea; Laura Dudek, 42, Encinitas; Manuel Harris, 61, Carlsbad; Leesa Lamb, 46, Vista; Alicia Magdaleno, 34, Solana Beach; Dan Randol, 43, Carlsbad; Alicia Reynolds, 45, San Marcos; Melanie Tyszkiewicz, 34, Carlsbad; Bernadette Wieboldt, 47, Oceanside; and Sandy Zelasko, 53, Valley Center.

While only fourteen North County residents were awarded the personal training package, all San Diego residents have the opportunity to follow along at home through an online training plan and tips available at www.tricitymed.org/marathon.

Tri-City Wellness Center approaches fitness and health from a medically integrated perspective. The center offers personalized health assessments and personal training, in addition to the medical component of cardiac rehabilitation and physical and occupational therapy. The 57,000-square-foot center offers a wide variety of exercise options, including an aquatic center with a 25-meter lap pool and warm-water therapy pool, personal training, Pilates and group exercise studios, and weight-training facilities. It also features a Zen garden and healthy café.

Tri-City Medical Center is administered by the Tri-City Healthcare District and includes most of Carlsbad, Oceanside and Vista. Opened in 1961, Tri-City will soon celebrate 50 years caring for the community. Tri-City Medical Center is a full-service, acute-care hospital with physicians practicing in 60 specialties. For more information about Tri-City Medical Center, please visit www.tricitymed.org. For more information about Tri-City Wellness Center visit www.tricitywellness.com.

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