



Tri-City Medical Center

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Tri-City Medical Center Calls for Entries for "Lucky 13" Half Marathon Contest

Oceanside – Tri-City Medical Center will once again serve as title sponsor for the 2012 Tri-City Medical Center Carlsbad Marathon & Half Marathon, which is set for Sunday, Jan. 22, 2012, and has launched a contest offering 13 North County residents the chance to train and participate in the 13.1 mile Half Marathon. The contest is now open and will close at 11:59PM, PST on Monday, July 3, 2011.

The contest is open to all North San Diego County residents ages 18 and over, and offers 13 winners a free, all inclusive six-month membership at the state-of-the-art Tri-City Wellness Center in Carlsbad, a free personalized health assessment and group training with the Center's certified staff which will assist in proper weight training for the half-marathon. Winners will also be enrolled in the race-training program, InMotion Fit, offered by In Motion, Inc., the Carlsbad company that produces the races, and will receive free entry into the 13.1-mile half marathon. Both memberships are valid through January 22, 2012. In order to be considered for this prize, entrants must complete a simple registration form online at www.tricitywellness.com/marathon or in person at the Tri-City Wellness Center at 6250 El Camino Real, Carlsbad no later than 11:59PM, PST, July 3, 2011.

The Tri-City Medical Center Carlsbad Marathon & Half Marathon is the second oldest marathon on the West Coast. The half marathon (13.1 miles), named by *Runners World Magazine* as one of the top 25 half marathons in the U.S., is recognized as one of the fastest and most scenic races of that distance and draws a very strong field of runners each year. More than 10,000 runners and walkers from across the U.S. and over a dozen foreign countries will participate.

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 58,000 square-foot complex 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 a healthy café. For more information about Tri-City Wellness Center, please visit www.tricitywellness.com.

About Tri-City Medical Center

Tri-City Medical Center is a gold seal of approval, full-service, acute care hospital with three advanced clinical institutes and physicians practicing in 60 specialties. Administered by the Tri-City Healthcare District which includes Oceanside, Vista and most of Carlsbad, Tri-City is celebrating 50 years caring for the community. For more information about Tri-City Medical Center, please visit www.tricitymed.org.

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