



## **PRESS RELEASE**

*/ Walk Run South Texas Sizzler 5K 10K 2012 .doc*

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# **5K / 10K WALK / RUN TO BE HELD JAN. 28 IN HARLINGEN TO BENEFIT DISABLED CHILDREN**

*“South Texas Sizzler” event sponsored  
by Valley Baptist Health System*

**HARLINGEN** -- A 5-kilometer and 10-kilometer walk / run, which will be held in Harlingen Saturday morning, Jan. 28, will benefit disabled and special-needs children in the Valley.

The “South Texas Sizzler” event will kickoff at 7:30 a.m. Jan 28 at the Harlingen Soccer Complex, 4515 E. Harrison (just east of Ed Carey Drive) with a “Little Sizzle” one-mile fun run. The big event, the 5K / 10K race, will start at 8 a.m.



Registration for the race is available online at [www.ValleyBaptist.net](http://www.ValleyBaptist.net), or at [www.Active.com](http://www.Active.com). Participants can also register at an “Exhibitor’s Expo” that will take place on Friday, Jan. 27 from 4 p.m. to 6 p.m. in the East Tower Lobby at Valley Baptist Medical Center-Harlingen. Same-day registration will be held Saturday morning between 6:30 a.m. and 7:30 a.m. at the Harlingen Soccer Complex.

The event -- which is expected to attract hundreds of Valley runners and walkers -- will benefit the Miracle Kids of South Texas, which has been providing free sports activities for disabled and special-needs children ages 5 to 15 in the Valley for the past nine years.

All participants in the “South Texas Sizzler” will receive a finisher’s medal, with T-shirts guaranteed to the first 500 registrants. Awards will be given for first, second and third place in various age brackets, ranging from 14 years and under to 70 years and older.



Trophies will be awarded for “overall male / female” and “Masters male / female” (50 years and older). A trophy will also be presented to the public or private school with the most participants. A prize basket will be awarded to the team (5 participants or more) with the most creative t-shirt design.

The “South Texas Sizzler” is sponsored by Valley Baptist Health System, Border Mobility, Rio Grande Orthopedic Center, the City of Harlingen, Harlingen Area Teacher’s Credit Union, Watermill Express, HEB, Su Clinica Familiar, Rio Grande Oral and Maxillofacial Surgery, Weslaco Family Care Center & Occupational Medicine Clinic, and Rodeo Dental & Orthodontics. For more information, contact Valley Baptist Legacy Foundation at 956-389-4307 or by e-mail at [mbrownell@thelegacyfoundation.org](mailto:mbrownell@thelegacyfoundation.org).

## **About Valley Baptist Health System**

Valley Baptist Health System is an 866-bed faith-based regional health system located in the Rio Grande Valley of Texas. It is focused on improving the lives of the people it serves by providing high quality health care and medical education throughout South Texas, guided by the healing and teaching ministry of Jesus Christ.

Valley Baptist extends many of its services beyond its facilities and into local communities, offering free screenings for the community, support groups and numerous educational opportunities. For more information, visit [www.ValleyBaptist.net](http://www.ValleyBaptist.net) (and [www.FaceBook.com/ValleyBaptistMedicalCenter](http://www.FaceBook.com/ValleyBaptistMedicalCenter)).