



News & Information

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Carlsbad Medical Center organizing 2nd annual GET FIT event

CARLSBAD, NM – OCTOBER 7, 2009 – – The race is on! Carlsbad Medical Center is making plans for its second annual “Get Fit” Family Health Walk/Run, scheduled for Saturday, October 17, 2009, at 9am on the Ocotillo Trail.

Alvin Doporto, Radiologic Technologist at Carlsbad Medical Center, started the event last year as a way to encourage fellow CMC employees and their families to adopt a healthy lifestyle and become more physically active. As a member of the Cavern City Runners Club and volunteer coach for the CHS Cross Country Team, Doporto feels strongly about promoting health activities for the young people of our community. “The whole reason for this event is to promote health and keep our kids active by walking or running,” he said. “I feel it’s good to teach our kids early on the value of being active. They will thank us later on in life.”

The different races that will take place during the event are a 5k Run, 5k Walk, and a 2 Mile Walk. Awards will be given to male and female finishers in the following age divisions: Under 10; 11-15; 16-19; 20-29; 30-39; 40-49; 50-59; 60-69; and 70+. Prizes are being donated by local businesses.

Early registration for the event is underway with a fee of \$15 per person or \$10 for students. Registration on the day of the event will be \$20 per person. In recognition of National Breast Cancer Awareness Month, all proceeds will benefit education on women’s health issues. Participants can register by calling 887-4187 or 887-4583, or in person at Carlsbad Medical Center, 2430 W. Pierce Street, from 12-1pm on Wednesdays and Fridays in the front lobby.

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About Carlsbad Medical Center

Carlsbad Medical Center is a full-service 127-bed community hospital. Since 2004, CMC has reinvested a total of \$20 million in improvements and expansions, including a new Outpatient Diagnostic Center, upgraded diagnostic imaging equipment, expanded Intensive Care Unit, and an upgraded and expanded Emergency Department. A new \$15 million renovation project, slated to begin October 15, 2009, will result in additional operating rooms, a renovated Women’s Services Unit, and a remodeled front lobby.