



News Release

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### **9th annual We Can Run, Walk & Roll to be held September 14**

For Immediate Release

**(COLUMBUS, Neb.)** – The 9th annual We Can Run, Walk & Roll 5K and 1 Mile event will be held on September 14 at 9 a.m. at Columbus’ Pawnee Park Memorial Stadium.

One of the goals of this community-wide event is to change people’s perceptions of disability. With that in mind, the event is for everyone from beginners to competitive runners, joggers and walkers. People using wheelchairs can compete individually or with the assistance of a team of up to three pushers.

Over the years, the We Can Run, Walk & Roll event has encouraged people of all ability levels in invest in their health and wellness.

This year’s event will include drawings for free items, such as a FitBit health tracker. Individuals who register will receive a t-shirt and lunch. Awards will be given to the top finishers in several categories. Proceeds from the event will go toward purchasing AmTryke® tricycles for individuals in the community with disabilities.

If you would like to register, volunteer or learn more, please visit [www.columbushosp.org](http://www.columbushosp.org) or contact Rehabilitative Services at 402-562-3333.

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