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**FOR INSERTION:**

**17th Amble Biggest Yet Despite Foul Weather**

Littleton, NH – Snow, sleet and hail didn't prevent 323 runners and walkers from participating in this year's Ammonoosuc Amble that raised just under \$17,000. The 5-mile walk/run was held Saturday, April 10<sup>th</sup> at Profile School in Bethlehem. It continued to uphold its reputation as an awesome family-friendly community event presented by Ammonoosuc Community Health Services, Inc. All proceeds from the race benefit uninsured and under-insured patients of ACHS.

Although participants arrived at the registration tables bundled in cold weather gear, laughter was everywhere and spirits were high as neighbors as well as those who hadn't seen each other since the last race greeted each other. Many donned their uniquely designed Amble t-shirts as an extra layer of warmth against the 30+/- degree temperature.

The walker's race started promptly at 10:30am with 128 participants ranging in age from 8 to 85! The 2<sup>nd</sup> annual Kids Fun Run, a free half mile run for kids aged 5-13, went off at 10:45 without a hitch with 38 participants. It was lead by the CEO of ACHS, Ed Shanshala (the one in the Banana Costume - compliments of Abbott Rental). 157 participants crowded the start line for the runner's race. Lots of supporters cheered on their friends and family from the sidelines.

Inside the school, many volunteers were preparing to feed the hungry racers and supporters. Food was donated by Coca-Cola, Shaw's of Littleton, Gold House Pizza, Green Mt. Coffee, Stonyfield Farm, Littleton Subway, HP Hood, Cabot Creamery, Alburritos Restaurant, Littleton Regional Hospital, Littleton Food Coop, Beal House Inn and Walgreens.

Crossing the finish line first and second for the overall was 17-year Hayden Bunnell with a time of 29:01 and his 16-yr old brother Ben with a time of 29:45, both of St. Johnsbury. Coming in third was Sam Brown, 31 of Bethlehem with a time of 30:09. The top places for the women runners went to Megan Valentine of Jericho, VT with a time of 31:22; Bridget Ferin, 28 of Passumpsic, VT at 33:39; and Ann Rasmussen, 44, of Plymouth, NH at 34:21.

Annette Norman, 39, of Littleton, took 1<sup>st</sup> place in the field of Walkers with a time of 55:13, closely followed by Aimee Houghton, 35, also of Littleton, at 55:46. Marshall Doughty, 11, of Bethlehem came in third with a time of 56:00

Trophies and flower bouquets (compliments of Flora Latte) were given to the overall winners, and medals to the winner of the top finishers in each age category, all participants of the Fun Run received medals.

As everyone made their way through the fabulous food line, a raffle ensued for race participants made possible with donations from the following businesses: Ammonoosuc Massage, Artworks, Bailiwick's, Chutters, Coffee Pot, Emma & Co., Farmway, Foto Factory, Garnet Hill, Harman's Cheese, KC Creations, Lahout's, Littleton Athletic Dept., Littleton Bike Shop, Littleton Diner, Littleton Studio School, McLure's, Mountain View Grand, Omni Mount Washington Resort, Pentimento, Polly's Pancake Parlor, Powerhouse Gym, St. Johnsbury Kinney Drug, Village Book Store, Waist Management-Fitness for Women, Whale's Tale Water Park, PT Farm LLC, Pebbles Sugar House and Karma Balm.

The major sponsor of the 5 mile walk/race was Anthem Blue Cross/Blue Shield and Fairpoint Communications was the major sponsor of the Kids Fun Run.

Special thanks go to the many volunteers that make this event possible each year. ACHS staff and their families and friends continue to offer their services year after year to direct the race, park cars, serve food and take care of all the other items that need to be addressed before, during and after the race – another job well done!

ACHS is one of the largest primary healthcare networks in northern New Hampshire (and Vermont), nearly 10,000 patients choose ACHS as their Medical Home. ACHS is a highly respected non-profit Federally Qualified Health Center (FQHC) that has been providing patient-centered affordable, quality healthcare for 35 years.

Our programs promote and support the well-being of individuals and families by emphasizing preventive care and encouraging active participation in one's own health.



Ammonoosuc Community Health Services, Inc.

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ACHS serves 26 New Hampshire towns in northern Grafton and southern Coos counties and has sites located in Littleton, Franconia, Whitefield, Warren and Woodsville. Clinical teams, made up of doctors, nurse practitioners or physician assistants supported by nurses and medical assistants, provide comprehensive services on a sliding fee scale.

For more information about ACHS, visit [www.ammonoosuc.org](http://www.ammonoosuc.org) or call 444-2464. ACHS is accepting new patients, call the New Patient hotline at 1-866-201-5076.