

NEWS RELEASE

FOR IMMEDIATE RELEASE

Iowa Heart Center Foundation
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February 14, 2022



Iowa Heart Center Foundation to host Ottumwa Has Heart 5K Run/Walk

An opportunity to support heart health in Wapello County

The Iowa Heart Center Foundation is holding its 1st annual Ottumwa Has Heart 5K Run/Walk and is pleased to announce the Ottumwa Legacy Foundation as its presenting sponsor. The 5K was an idea of Ottumwa native, Conner Riley, currently a senior at Drake University and interning at the Iowa Heart Center Foundation. Improving heart health in Conner's hometown is something he feels passionate about.

Proceeds from the event will support heart health initiatives in Wapello County. The Iowa Heart Center Foundation will be collaborating with local partners and organizations to improve heart health outcomes in the area. "Heart disease is the leading cause of death in Iowa and Wapello County is one of the most impacted counties," said Dr. Abdelrahman Ajadi, Cardiologist at MercyOne Iowa Heart Center Ottumwa.

The 5K will be held on Saturday, April 23rd and will kick off at 9am from Quincy Place Mall parking lot. Participants will follow a 3.1 mile route through the Ottumwa Lagoons on the trail.

Early registration is \$25 for adults and \$20 for youth through March 31st and includes a t-shirt and participant bag with items from sponsors and heart health information. Registration after March 31st will increase to \$30 for adults and \$25 for youth and t-shirts and bags are not guaranteed after that date. In addition, there is an opportunity to donate \$25 to have a sign displayed along the course to show support for a loved one.

Lezlie Mestdagh, Executive Director for Iowa Heart Center Foundation and Bloomfield native, shares, "I am so happy for our team to bring this 5K to southeast Iowa where I grew up and still call 'home'. The 5K will provide a fun opportunity for runners, walkers, families, and children to promote heart health. We are excited to highlight the great partners and providers in Ottumwa who work tirelessly to improve the heart health of their patients."

Among those partners is Charley Weaver, Manager at MercyOne Iowa Heart Center in Ottumwa. "We are proud to be serving the Wapello County area by providing premier cardiovascular care and are excited to join the 5K in our community." Registration is available online at: www.iowaheartfoundation.org. Packet pick-up will take place Friday, April 22nd from 5-7 pm at the Quincy Place Mall – southeast entrance.

Sign up today for this fun, family event to support heart health in Wapello County! Sponsorship opportunities are available.

Iowa Heart Center Foundation

The Iowa Heart Foundation is committed to improving heart health education and dedicated to the prevention of heart disease. For over 30 years the Iowa Heart Center Foundation has provided community outreach across the state, training of healthcare professionals through continuing education and scholarships, access to automated external defibrillators (AED), and promotion of cardiopulmonary resuscitation (CPR). For more information visit: www.iowaheartcenterfoundation.org

Conner Riley

Conner Riley attended Ottumwa High School and competed in Track, Cross Country and Baseball. He was recruited by Indian Hills Community College for their Track and Cross Country team, and in addition to obtaining his Associate of Applied Sciences degree, was chosen to represent the college as a Student Ambassador. Conner then transferred to Drake University to continue his collegiate career in Track and Cross Country. Conner will be graduating in the Spring with a degree in Health Sciences and was recently accepted to the University of Iowa's Pharmaceutical program.

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