



FOR IMMEDIATE RELEASE

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The 2017 Roots N Blues N BBQ Betsy Farris Memorial 1/2 Marathon & 10K

COLUMBIA, Mo. – The 2017 Roots N Blues N BBQ Betsy Farris Memorial 1/2 Marathon & 10K, will be held on Saturday, September 30, 2017 at Stephens Lake Park in Columbia, MO. To register, visit rootsnbluesnbbq.com.

Betsy worked on The Roots N Blues N BBQ Festival for 9 years. In her spare time, she trained, inspired, and mentored hundreds of people on their journey to get fit and stay healthy. She competed in countless 1/2 marathons, 10K's, and triathlons. We are honored to have known her and remember her with The Roots N Blues N BBQ 1/2 Marathon & 10K. Please donate to Blues in the Schools in memory of Betsy.

All participants will receive a race shirt, a finisher's medal, free BBQ and beer after the event, and a discount ticket to the festival.

There is a \$50 registration fee for the 1/2 Marathon and a \$40 registration fee for the 10K run. On June 6, early registration fees will increase by \$5. If runners register the day of the races, the registration fees are \$75 for the 1/2 Marathon and \$65 for the 10K. The 1/2 Marathon will begin at 7 a.m. with the 10K run following at 7:30 a.m.

All participants are invited to attend a training program led by The Endurance Company. Training plans will be available for beginner, intermediate and advanced running levels led by official trainers. The group training runs will begin in July in Columbia, MO.

The 11th Annual Roots N Blues N BBQ Festival, will be held September 29 through October 1 at Stephens Lake Park. Tickets are available for purchase at rootsnbluesnbbq.com.

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