



**Release:** For immediate release  
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**Carol's 3<sup>rd</sup> Annual Run of Love**  
*Local charity 5K event supports health education*

Philadelphia - Bring your mother or grandmother. Bring your whole family. The **3<sup>rd</sup> Annual CAROL For Heart 5K Race/Fun Run/Walk** will be held at 9 a.m. on September 10, 2006 at Temple University Ambler Campus in Ambler, PA. Last year's event was attended by over 400 people raising over \$30,000 for cardiovascular education for women.

This event has something for everyone: **timed race (wheel measured course), Fun Run option, 1 Mile walk option and a Kids 1 mile fun run.** Food, raffles, prizes and so much more make this a great event for all ages. Online registration is available at [www.CarolForHeart.org](http://www.CarolForHeart.org) or contact Cindy Messerle for registration forms (610-495-0584). Proceeds from this event benefit CAROL For Heart to help educate women in our local communities on heart disease.

The run was created by CAROL for Heart, the non-profit organization that remembers Carol Pawelski, a Montgomery County woman with a paradox: a strong heart but a weak heart muscle. A bastion of the Horsham community, she succumbed to heart disease in February 2002 after a life spent caring for others.

For her three daughters and her husband, a call to arms. Cindy Messerle, Jeannine McKeogh, Patti Johnson and their widowed father Frank Pawelski remember Carol every day with the creation of the CAROL for Heart Foundation. The group has only one goal: Tell women that heart disease is their number one killer.

Their story is inspiring and their cause an important one. This is a health story, a woman's story, and an example of the difference we can make in our community as individuals. Women empowering women to be more proactive in their own heart health.

For interviews with the most energetic board of directors one can find, or for more information on the CAROL for Heart Run or the Foundation, contact Cindy Messerle at 610-495-0584 or visit [www.carolforheart.org](http://www.carolforheart.org).

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