

NewsNewsNews Columbia Presbyterian Medical Center

COLUMBIA UNIVERSITY COLLEGE OF PHYSICIANS & SURGEONS
630 West 168th Street • New York, New York 10032

NEWYORK-PRESBYTERIAN HOSPITAL
622 West 168th Street • New York, New York 10032

MEDIA ALERT/ CALENDAR LISTING

Contacts: Bryan Dotson
NewYork-Presbyterian Hospital
212-305-5587

Adar Novak
Columbia University
212-305-3900

Peter Walsh
Coogan's Restaurant
212-928-1234

CELEBRATE MARDI GRAS IN WASHINGTON HEIGHTS! SALSA, BLUES & SHAMROCKS AT COOGAN'S 5TH ANNUAL 5K RUN

Columbia University and NewYork-Presbyterian Hospital are co-sponsors of diverse community event

WHO: More than 500 runners of all ages, cultural backgrounds and levels of running experience, along with local celebrities, elected leaders, and supporters of the race will participate. Assemblyman Herman D. Farrell Jr., co-chairman of the race, and other elected officials will attend.

WHEN & WHERE: **Sunday, March 2, 2003 – RAIN OR SHINE**
9 a.m. RACE (begins at Fort Washington Avenue and West 169th Street)
10 a.m. KIDS RACE (ages 2-12; participants receive a T-shirt and medal)
11 a.m. Reception for dignitaries and officials – Coogan's Restaurant

TO REGISTER: <http://www.nyrrc.org> or 212-860-4455

FOR MORE INFORMATION: <http://coogans.com> or <http://www.armory.com>

The race, sanctioned by the New York Road Runners in conjunction with the Armory Track and Field Center, will begin on the corner of Fort Washington Avenue and 169th Street. The race for adults and high school participants will run along Fort Washington and head to Fort Tryon Park. The scenic route will circle the historic Cloisters and return to 169th Street.

WHAT: Columbia University and NewYork-Presbyterian Hospital are two of the co-sponsors of **Coogan's 5th Annual Salsa, Blues & Shamrocks 5K Run 2003**, a celebration of the strong community ties and rich cultural diversity of northern Manhattan. A different style of music – gospel, bagpipes, meringue, and salsa – every few blocks will accompany participants while they run the route.

Proceeds from the race will benefit the Armory Track and Field Center and the children of Washington Heights and Inwood.

Races "within the race" include the Captain Frederick Ill Jr. race, created in memory of a local firefighter who lost his life in the World Trade Center attacks on Sept. 11, 2001. Captain Ill had founded this race, a competition among uniformed service, in previous years. The Norbert Sander High School Open features teams of high school students competing for trophies and awards. Winners receive \$500, to be donated to their high school sports programs.