



CARI MCGRATH

Red Dress Run

The first annual Red Dress Run is in memory of Cari McGrath. Cari, the daughter of Ed & Carolyn Winebrenner, grew up in Culver, KS. She graduated from Tescott High School in 1997 and later Fort Hays State University. Sadly, on August 29, 2008, Cari passed away from a heart condition that is believed to have been a genetic issue. She left behind her husband Scott, a daughter Lilian, who had just turned three, and her seven year old son Benton. At the time of her death, Cari was working at the Regional Prevention Center in Hays, with youth and their communities throughout northwest Kansas to educate and prevent tobacco, alcohol, and substance abuse.



Since 2008, Cari's family has been dedicated to helping raise money for heart disease. Her son Benton has been active in the Jump Rope for Heart and her husband Scott has a goal to run several races this coming year (in a red dress) to benefit the American Heart Association. Cari's mother, Carolyn, is the Education & Quality Director at the Ottawa County Health Center and suggested that Ottawa County Health Center organize the Red Dress Run in correlation to Scott's goal and that it be in honor of someone fighting heart disease. In efforts to organize this event, Ottawa County Health Center teamed with Ottawa County Health Planning Commission to sponsor the 1st Annual Red Dress Run and recommended that this year's event be in memory of Cari McGrath.

Making a difference was very important to Cari and she took great enjoyment from being active in raising money for causes that she believed in. She was an advocate for the Susan G. Komen Foundation, Avon Foundation, and Relay for Life. She also volunteered for Special Olympics and a program to provide homemade quilts for foster children in western Kansas.



This year, all donations and proceeds of the Red Dress Run will be donated to the American Heart Association.

American Heart Association's Mission:

To build healthier lives, free of cardiovascular disease and stroke.
That single purpose drives all we do. The need for our work is beyond question.



Death rates from cardiovascular disease and stroke have dropped respectively by 63% and 70% in the last 30 years, with even more promising results in the near future. This is in large part due to research funded by the American Heart Association.

The Ottawa County Health Center & Ottawa County Health Planning Commission invite you to join us in our efforts to help fight heart disease. If you would like to raise money for the American Heart Association see the enclosed donation form. Donations can be made in honor or

memory of someone who has fought or is battling heart disease. The donation form and money raised need to be returned to the Ottawa County Health Planning Commission by February 17th to guarantee recognition of those honored at the event. For more information, please call Jenny Johnson at 785-392-2122 or Amber Allison at 785-392-2044.