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## DENTAL ASSOCIATES OF CENTRAL FLORIDA

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**813-719-2222**  
1702 Walden Village Ct  
Plant City, FL 33566

Trey Walding, D.M.D. - 13 Years Experience  
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Can not combined with other services  
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THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.

local **FOCUS**

# 2nd Annual Strawberry Distance Challenge

BY STEVEN RICHARDSON

After several days of rain showers, the clouds parted for the 2nd Annual Strawberry Distance Challenge held February 6, 2010. The 5K run/walk hosted by Soul'D Out Student Ministries and the Plant City Church of God helped to raise proceeds for Soul'D Out and Operation Compassion, which provides food and clothing to those in our community throughout the year. However, unlike a typical 5K race, the Strawberry Distance Challenge is a mix of competitive athletes and those just looking for a unique family experience. The scene was a mixture of runners, walkers, and even children who chose to cycle (training wheels included).

"It's not about racing each other, it's about racing yourself," echoed through the crowd as race coordinator Bruce Baerwald called the runners to the starting line. After a morning prayer by Pastor Robert Herrin, anticipation of the start could be felt throughout the field. Once the route was explained the lone cyclist was sent on his way and the runners were soon following. The 3.1 loop through Walden Lake saw a new course record set by overall winner John Carter of Plant City with a 17.28 finish. For

those doing the math John Carter averaged less than six minutes per mile. Haley Traylor of Plant City took the gold for overall female with a time of 23.56. After winning the female division, Traylor stated that "although not her personal best, she was still happy" with the outcome. 14-year old Jonathan Baerwald of Plant City delivered a performance deserving of a standing ovation with a 4th place finish of 20.25.

After all the excitement of the race, the runners were rehydrated with Gatorade and farm fresh Strawberries from Plant City's own Astin Farms. While the Strawberry Distance Challenge itself was full of memorable moments, it also brought together our community in an effort to raise resources for two very important ministries.

If you or a family member is looking for a challenge, make sure to mark your calendars for next year's event. For more information about the Plant City Church of God, Soul'd Out Student Ministries, or Operation Compassion log onto [plantcitychurchofGod.com](http://plantcitychurchofGod.com)



To see coverage of this event go to [myfocus.tv.com](http://myfocus.tv.com), Episode 70.



The runners take off with hopes of capturing the gold.

Photo by Steven K. Richardson