

Bridge run gives grants to nonprofit groups to promote healthy lifestyles

The Cooper River Bridge Run Grants Program Fund, one of 490 funds managed by Coastal Community Foundation, announced the finalists to receive \$10,000 in grant funding and 104 complimentary race entry forms valued at \$2,396. This year marks the second annual awards that the fund will annually distribute through the foundation to local groups aligned with the Cooper River Bridge Run's (CRBR) mission of promoting regular physical activity for a healthy lifestyle. In 2006, CRBR used proceeds from the 10K race to create the fund. Distributions are made to non-profit organizations in the Tri-county that advance one of the CRBR's objectives: create public awareness of the importance of regular physical exercise; provide opportunities for regular physical exercise; and/or increase opportunities for participation in the CRBR by underserved populations. "Walking the bridge is a type of community outreach to encourage everyone to take a walk! Walking it with others brings home the point that my health is our health. At the top of the bridge, you look out into the harbor and realize this is our beautiful community. A healthy body begins with a spirit of gratitude," said Mary Joan Oexmann, a registered dietitian and program coordinator for The Lean Team, a partnership between MUSC Adolescent Medicine and Charleston County Schools and also a 2007 award recipient. There were nine other organizations that were recommended to receive funding and complimentary race entries for the April 5 10K race.

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