

## FOR IMMEDIATE RELEASE

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## Marathoner Bill Rodgers to participate once again in Waterbury 5K on Sept. 12

WATERBURY, Conn. (Aug. 10, 2010) — [Bill Rodgers](#), the Hartford native who is one of the founding fathers of the modern running movement, will once again participate in the Bob Veillette 5K Road Race and Walk, which will be held in Waterbury, Conn., on Sunday, Sept. 12.

Rodgers, 62, is best known for his marathon victories in New York City and Boston. He won both races four times each between 1975 and 1980, twice breaking the American record in Boston.

The 5<sup>th</sup> annual Bob Veillette 5K Road Race and Walk will be held rain or shine at 1:30 p.m. at Library Park at Grand and Meadow streets in Waterbury. This year features a new, improved 1-mile walk route and once again there will be a Kids Fun Run for children 10 and under that starts in the park after the race, around 2:30 p.m.

Pre-registration for the event is encouraged and saves participants \$5 over registering on race day. To register online or by mail, visit [www.Bob5K.com](http://www.Bob5K.com). Pre-registration for the road race and walk is \$20 for adults and \$10 for children 12 and under. Kid Fun Run registration is \$5 per child with a maximum of \$20 per family.

Rodgers (in photo, left, meeting with Bob Veillette and his wife Bonnie at the 2009 event) will run the 5K and



be available to meet those who attend and sign autographs before and after the race.

“I met Bob, his wife Bonnie, and their children at the race last year and I just want to say it is an honor to take part in it again because I know Bob gave so much to Waterbury and because I admire greatly his courage, as well as his history as a runner and musician,” Rodgers said. “And how can you not be impressed by more than 400 people who run, walk or volunteer their time to raise money so Bob can remain with his family rather than

be separated from them by life in a nursing home? What a great sport and a superb event.”

In addition to being an important figure in the running movement on a national level, Rodgers also has longtime ties with one of Connecticut’s most popular races, the Litchfield Hills Road Race (LHRR). The LHRR was also a favorite race for Veillette, 65, a Naugatuck, Conn., resident who was an avid runner and participated in the LHRR annually before a debilitating brain-stem stroke in April 2006 left him paralyzed from the nose down. During a LHRR in the 1980s, Veillette met Rodgers, shaking his hand and walking away feeling inspired.

Every year the Bob Veillette Road Race and Walk draws more than 300 participants to downtown Waterbury and, since 2006, it has raised more than \$100,000 to help pay for Veillette’s care at home, which costs the family thousands of dollars each month. Among other things, those expenses include physical therapy and professional caregivers who work with his wife in shifts to provide him with around-the-clock care.

Veillette, who now communicates through a method of blinking when letters are read aloud, said this about the 2010 event: “I want to thank everyone for their continued support. I’ve found living at home is expensive. The race is a good time to get in shape whether you walk or run. Don’t quit — and remember the best diet is to eat less and walk or run more. My special thanks again to Bill Rodgers. What a pleasure it was to meet him, but someday I hope to beat him.”

Before his stroke, Veillette was well known in greater Waterbury as an accomplished jazz pianist, performing regularly for numerous charitable causes. He was also a respected journalist, working at the Republican-American newspaper in Waterbury for more than 40 years, most recently as managing editor. To learn more about Veillette, visit [www.BobVeillette.com](http://www.BobVeillette.com).

Due to the continued recession, this year’s race is especially in need of sponsors. For sponsorship information, visit [www.Bob5K.com](http://www.Bob5K.com) or call Race Director David Krechevsky at (203) 574-3636, ext. 1416. Organizers also need dozens of volunteers to help the event go smoothly. To volunteer, contact Veillette’s daughter, Stephanie DeLuca at [bobroadrace@yahoo.com](mailto:bobroadrace@yahoo.com).

Those who wish to help the Veillettes, but are unable to participate in the event, may make non-tax-deductible donations by sending a check made out to “Locked-in 5K Road Race” to The Locked In 5K Road Race, 389 Meadow Street, Waterbury, CT 06702.

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