

## Workouts lend support to Children Services

BY CARL HUNNELL • Special to the News Journal  
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MANSFIELD -- One hundred area residents, 24 hours and 828 miles.

Those are the numbers Richland County Children Services hope add up to greater awareness of child abuse and neglect prevention efforts.

During the agency's seventh annual Swim, Bike and Run event at the Mansfield Area Y, which began Friday at 5 p.m. and ended 24 hours later, a total of 100 agency employees and volunteers swam 34 miles, bicycled 508 miles and ran or walked 286 miles.

That's an 18 percent increase over last year's mileage, says organizer Greg Kah.

The duration of the event, staged during National Child Abuse and Neglect Prevention Month, is designed to highlight the local 24/7 child abuse hotline (419-774-4100). During 2009, the agency launched eight child abuse investigations every 24 hours.

Carol Sgambellone, a social worker who coordinates family team meetings for the agency, said she hopes the community takes notice.

"First and foremost, the purpose of this event, and our agency, is to keep kids safe and to help families," she said after taking part in Swim, Bike and Run.

Lexington resident Mike Baldrige was one of several participants who committed an hour to each activity, swimming a mile, biking 11 and running six.

"I know it's for a good cause and I wanted to come out to see how far I could push myself," he said.

Notable local marathon runner Rich Roberts covered 50 miles on the bike early Saturday morning and then jumped on a treadmill for an eight-mile run.

News Journal photographer and fitness blogger Jason Molyet biked 17 miles in an hour and then swam a mile late Friday night. He returned to the Y early Saturday morning to run seven miles before heading to Columbus to take photos at the OSU spring football game.

Others who did all three events included Jennifer Lovra (19.6 total miles), Josh Shifley (22.8 miles), Nathan Lautzenhiser (21.8 miles), Aaron Brumit (25 miles), Scott Evans (24 miles), Brian Coon (17.05 miles) and Kim Brown (20.8 miles).

After the marathon ended, Kahl thanked the agency employees, volunteers and the Y.

"The Y has supported our event for all seven years," he said. "Without their support and their state-of-the-art facility, this event would not be possible.

"We thank everyone who participated, especially the Mid-Ohio Multi Sport Club for putting up big miles," Kahl said. "Our goal is to increase awareness of the fact Children Services is open 24 hours a day, 7 days a week to help kids safe and families strong."

*Carl Hunnell is a spokesman for Richland County Children Services.*

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