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For more information:  
Elizabeth Sawaya  
La Porte Hospital  
esawaya@hflaporte.org  
219.326.2471

## Tour de La Porte: Calling All Runners, Walkers and Cyclists!

Article written and provided by: Bailey Roberts, La Porte, IN.

Tour de La Porte offers an event for everyone! For those looking to enjoy a day with family and friends, TDL offers shorter distance cycling events and a 5K run or walk. But for athletes looking to push themselves and be challenged, there are also many opportunities when it comes to participating in TDL. Every event is just another way to test their limits.

Nick Otis, a TDL biking veteran of five years, has taken on the challenge of running the half marathon this year. "I've really, really enjoyed the last few years I've participated," Otis said.

Otis first got involved with TDL because Newby, Lewis, Kaminski & Jones sponsors the event. As a lawyer at the firm, he was excited to learn about this event and signed up for the 25-mile bike ride with his wife. Together they've been cycling TDL, witnessing the beautiful routes created by the TDL committee throughout La Porte County, and enjoying the festive atmosphere and great food at the SAG locations along the route. This year, Nick will still ride with his wife on Sunday.

"The cycling portion is really great," Otis said, "but you can add to the event if you want. This year, I want to challenge myself so I'm adding the Half Marathon Run."

Nick Otis is a prime example of trying new challenges to push himself and taking advantage of the different TDL options available to participants. Going from cycling 25 miles to running the half marathon takes training and dedication, and Nick is excited to for his first half marathon run!

And what goes on behind the scenes of these events? Who makes everything run smoothly and comes up with new event ideas? The event is organized and supported by a dedicated team of The Foundation's committee members who volunteer their time to make this event a success. From planning routes and pushing the boundaries to add new events, like the Half Marathon & 10K run five years ago or the Trail Run, now in its third year, the committee is passionate about the making Tour de La Porte a great experience for the participants!

Shannon Hannon is a member of the TDL committee, and focuses her efforts on the running events. The committee is in charge of planning all of the "big stuff," but also the smaller work that participants don't necessarily realize happen to make the event a success.

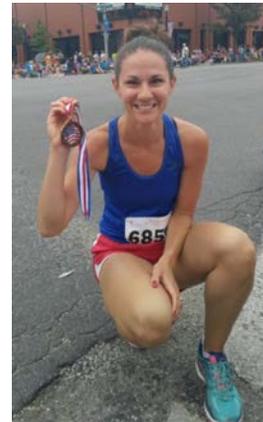
"My favorite moment was adding the 10k and the half marathon," Shannon said. "To be able to pull that off was a huge undertaking for the event and the entire committee."

Hannon works with other committee members to coordinate all of the running events for TDL. Before she joined the committee, she participated in the event as a runner in the 5K. She thought "what a better way to support the community." At the time, the 5K as the only running event offered. Adding

the 10K and Half Marathon events was a great a way to attract more competitive runners to the trails and scenic roads in La Porte. It also gave runners a chance to train for a full marathon later on in their career.

What's great about TDL is that there is something for everyone! If a running challenge is not what you are looking for, come and join us for the 5K walk! It is a beautiful course, and a great way to start your Saturday! If you prefer to bike ride, join us on Sunday for the cycling event. There are distances perfect for casual riders starting at 5, 15 or 25 miles and routes for avid cyclists include 40, 60 & 100 mile distances! There is even a mini fun run on Saturday for children ages 4 – 8!

Sign up today at [tourdelaporte.org](http://tourdelaporte.org) – whether to run, walk or ride – or challenge yourself and sign up as a combo participant to choose two or all three of the event options! Not able to participate? Join us as a volunteer or support the event by making a gift at [tourdelaporte.org](http://tourdelaporte.org) or call 219.326.2471 for more information.



Pictured: Nick Otis with wife Ashlie after biking 25 miles at the Tour de La Porte  
Pictured: Shannon Hannon, committee member and avid runner

*The mission of the Healthcare Foundation of La Porte, previously the La Porte Hospital Foundation, is to empower our residents to live healthy and well in and around La Porte, Indiana. This not for profit foundation provides services in alignment with the vision of La Porte being one of Indiana's top 10 healthiest communities by 2030. You can learn more about how we support the community and get involved in our efforts at <http://hflaporte.org/>.*



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