



the supplement
FACILITATING VITALITY



MAY 2019 THE RUN FOR THE ROSES



Our guest author this month is Mackenzie Pennington, wellness intern *par excellence* and dyed-in-the-wool Kentuckian. Here is her native's perspective on the 145th running of the Kentucky Derby.

As a born and raised in Kentuckian, it's been on my bucket list since I was a young girl to go to the Kentucky Derby. Aside from bourbon and college basketball, Kentuckians take great pride in the Kentucky Derby held each year on the first Saturday of May. Since 1875, the Kentucky Derby has been held at Churchill Downs in Louisville (pronounced *LOU-uh-vul*, not *LOO-ee-vill* or *LOU-iss-vill*), making it the longest-running sporting event in the United States. Also known as the "Run for the Roses," the Derby brings in more than 150,000 spectators each year – celebrities and royals included - to watch three-year-old thoroughbreds race one and one quarter miles.

Preceding the "greatest two minutes of sports" are two weeks of food, festivals, and fun.



DERBY EVENTS

- Thunder Over Louisville - one of the nation's largest fireworks shows
- The Great Steamboat Race
- The Great Balloon Race
- The Derby Full and Half Marathon

These are just a few of the most anticipated events each year. For those who can't attend the Derby in person, Derby-viewing parties are popular among locals and give people a good reason to dress up in their best Derby attire and drink mint juleps all day – think of it as Kentucky's Super Bowl.

One of the most well-known and favored traditions of the Kentucky Derby is the wearing of Derby hats. If you've ever watched a Kentucky Derby, you've probably found yourself amazed at just how extravagant and exotic the hats can get – the bigger, the better. To pair with the hats, ladies typically wear their best dresses and men wear their best suits.



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OTHER LONG-STANDING DERBY TRADITIONS INCLUDE:

- Drinking mint juleps – part bourbon, part sugar, part mint – in special mint julep glasses that list every Kentucky Derby winner
- Singing “My Old Kentucky Home” before the race sets off
- Betting – lots of betting

After the race is over, the winning horse is taken to the Winner’s Circle, where a garland of more than 400 roses - symbolizing the struggle and heart necessary to reach the Winner’s Circle – is draped around the neck of the horse. In addition to the blanket of roses, Kentucky Derby winners receive a gold trophy and monetary prize. To give context to just how far the Derby has come, the very first Kentucky Derby winner, Aristides, took home a purse of **\$2,850** and this year, the 145th Kentucky Derby winner, Country House, took home a purse of **\$1.86 million**.

While the times have changed, the traditions carried from early Kentucky Derbies still stand. I can’t wait for the day when I wear my extravagant Derby hat and fulfill my childhood dream of attending a Kentucky Derby. Until then, I’ll keep rooting for the horses every first Saturday of May from the comfort and affordability of my home.

The Kentucky Derby is an American tradition with customs and food ways that have stood the test of time. As with Thanksgiving and the 4th of July, it is important to approach these traditional festivities with gusto. When you are celebrating, celebrate. At the Derby, drink the mint julep and wear the hat. On the 4th, eat the hot dog and watch fireworks. On Thanksgiving, eat the pumpkin pie and say thanks. And most of all, be present and mindful to make the best of the day.



**MACKENZIE
PENNINGTON,**
Wellness Intern

Meet Mackenzie Pennington, our guest author this month. Mackenzie recently graduated from Western Kentucky University with a degree in health science. She is pursuing her Masters of Public Health and interning for BKS-Partners.



**PATRICIA M.
FULLER, PhD,**
Director, Wellness
Engineering

Patricia M. Fuller has dedicated the last 20 years to designing and delivering wellness programs. Her events earn consistently excellent ratings for her holistic approach and her real world application.

Prior to concentrating in wellness, Pat taught accounting and auditing as an adjunct professor at the University of Tampa. She earned her CPA designation in 1992 as a senior associate for Coopers & Lybrand. She has a Masters in Business Administration from the University of Utah.

Pat has a PhD in holistic nutrition. In 2010, she was board certified by the Holistic Nutrition Credentialing Board. Her areas of research include stress management and eating habits. She is a Certified Wellcoach and a member of the Institute of Coaching. She is an annual attendee to The Harvard Medical School Conference, Coaching In Leadership & Healthcare.

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