

## 2022 Heart & Sole 5K Run to Honor Courtney Frazine

Each October, the Heart & Sole 5K is held in Fruitport in honor of Courtney Frazine. Fruitport Congregational Church so graciously makes their parking lot available to host this event. It welcomes runners, walkers, and is family friendly (strollers allowed).

Courtney Frazine was a Fruitport native. She was married and had 2 young children. She began a major health transformation due to her weight and related health conditions. As a part of her transformation, she adopted running. She ran her first 5K in 2013. To keep herself accountable she continued to register for several more events. Courtney's commitment and discipline was unmatched. She also incorporated strength training to her lifestyle and participated in boot camp and personal training. As a result, Courtney successfully lost over 100 pounds.

Unfortunately, on December 9, 2017, while Courtney was running, she was tragically struck by an out-of-control vehicle and was unable to survive her injuries. At age 39, she went to be with her Lord. Courtney's favorite saying was "You got this." While Courtney leaves a legacy in striving and achieving a substantial healthy lifestyle transformation, she will more importantly be remembered as a loving, compassionate, selfless, empowering, and generous human being.

Courtney, being a teacher, felt drawn to those that were less fortunate and had difficulty reading. All proceeds from the Heart & Sole will go to support Read Muskegon's mission to eradicate illiteracy. Please join us at this family friendly event on October 14th, 2023, at 8:30am to remember Courtney. All event info is available at [www.pphheartandsole5k.com](http://www.pphheartandsole5k.com)

The 2022 Heart & Sole took place on October 8th, with just under 200 runners in attendance, 40 volunteers (including 20 provided by Read Muskegon), and raised \$15,500 for Read Muskegon.

Many thanks to the title sponsor, Orchard Markets, and the other many sponsors for this event:

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**Carson Cooper**, Courtney's brother, spoke at the 2022 Heart & Sole.



**Angie Mills**, friend & neighbor of Carson & Lori Cooper, sang the National Anthem at the opening of the 2022 Heart & Sole. This was her first time singing the National Anthem at Heart & Sole.



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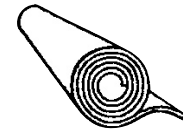
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