



FOR INFORMATION.....Mary Robinson, Event Chair, 425-462-3887; [GolfForeRed@yahoo.com](mailto:GolfForeRed@yahoo.com)  
REGISTRATION..... <https://tournaments.okigolf.com/Eventinfo.aspx?E=749249>

### Full field expected for third annual Golf Fore Red™ “heart-healthy” women’s tournament

BELLEVUE, Wash. (April 20, 2010) -- Three years ago, two women decided to act on a conversation they had been having for several years. They were avid golfers, but belonged to different women’s golf groups. They shared a friendship that spanned nearly four decades. And they shared the loss of their mothers to heart disease.

Shelley French and Mary Robinson decided they could honor their mothers and bring their two associations together on a theme of education, friend-raising and fund-raising. Golf Fore Red™ was born.

Fast-forward three years. The Golf Fore Red™ name is now trademarked, but the event – being held this year on **July 24** -- is still an all-volunteer endeavor to promote heart-healthy lifestyles. Bellevue resident Mary Robinson, a past president of Northwest Ladies Golf Association, continues as event chair.

“This tournament is all about women having fun and raising awareness of heart disease as the single leading cause of death for American women,” Robinson stated. She said the American Heart Association is providing information to all golfers on recognizing heart disease symptoms (and how they may differ than symptoms in men), along with practical tips for reducing their risk of heart disease and improving their heart health to enjoy stronger, longer lives.

Since its inaugural year, the event has gained traction and fans, Robinson reports. She said commitments are already made for about half the available slots for the tournament, which is open to women golfers of all abilities. Many golfers are returning for the third year.

The July 24 Golf Fore Red™ tournament will be held at The Golf Club at Redmond Ridge with an 8 a.m. shotgun start. The \$125 registration fee includes a continental breakfast, range balls, green fees, golf carts, goody bag, lunch, program and prizes.

Registration may be made at <https://tournaments.okigolf.com/Eventinfo.aspx?E=749249>. Women may register as individuals, or as twosomes, threesomes or foursomes.

Net proceeds benefit the Pacific Mountain Affiliate (Seattle) of the American Heart Association, Go Red for Women campaign. Last year’s event generated more than \$4,500 for AHA.

The tournament is presented with assistance from Northwest Ladies Golf Association. Various sponsorship opportunities are available; inquiries may be directed to [GolfForeRed@yahoo.com](mailto:GolfForeRed@yahoo.com) or by calling Robinson at 425-462-3887.

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