MudSport 2015 to feature a Corporate & Team Challenge Heat

mudsport

www.southeasthealthgroup.org

by Nancy King

Southeast Health Group will host the third annual "MudSport" mud run on Saturday, April 25, 2015. New this year is a separate Corporate & Team Challenge heat, where teams of six will compete for an overall team win. Registration is now open, and those who register by April 13th are guaranteed goodie bags and

event t-shirts on the day of the race. Finishers of the mini- and main-mudder heats will take home a medal, and the winning team in the Corporate & Team Challenge heat will be awarded a trophy

and bragging rights. Barry Shioshita, Chief Financial Officer for Southeast Health Group, is the event founder and organizer. "Each year the event grows bigger and bigger," said Shioshita, "and we draw participants from all around the Arkansas Valley and the High Plains region. We're trying to encourage workplace wellness by adding the team challenge this year, so we hope to have a strong turnout from the local business community." Entrance fees are $30 for individuals ages 13-and-older, $15 for youth 12-and-under, and $120 for a Challenge Team of six runners. All proceeds will go to support a new Wellness Center being built by Southeast Health Group at their La Junta facility.

The new facility will feature fitness equipment and hydrotherapy pools, as well as fitness groups and classes. The event will kick-off at 9 AM at 711 Barnes Avenue in La Junta. The course will take runners down the arroyo to the Arkansas River and back, with various obstacles along the way. The mini-mudder is .6 miles long, and the full course is 3.1 miles long. The micro-mudder course is for young children under six years of age. There will be a hose-down station at the end of the course for runners to clean up before getting in their cars to travel home.

"We'll run rain or shine," said Shioshita, "So bring a blanket or warm clothes to change into in case of cool or windy weather." Refreshments will be available for purchase.

To register for the 2015 MudSport event, go to **www.southeasthealthgroup.org** or call **1-800-511-5446**.