



Mustang Mudsters won the 2016 MudSport Corporate Challenge

by Southeast Health Group

The sun was shining on Saturday, April 23rd at the 4th Annual MudSport event. Approximately 140 registered participants and an additional 25 volunteers ran the course. The Mustang Mudsters from Kim, sponsored by Ruby's Auto Body, won the corporate challenge for teams of six. The all-girl team blew away the competition and vowed to return next year to defend their title.



The race was sponsored by Southeast Health Group, IMA, H.W. Houston Construction, City of La Junta, rfarmer, llc, La Junta Tribune Democrat and Otero Junior College. "Each year I am humbled by

organizer.

MudSport has something for the whole family. There are three course routes: Micro, Mini & Main Mudder. The Micro Mudder includes children as young as toddlers, and is a crowd favorite.

The Main course was more challenging this year, with more sand and mud. It featured a couple of new obstacles:

Jungle Gym (swing from ring to ring) and Dangle (inch across a cable using your hands & feet to propel yourself over the length of the line). Race organizers work to keep the course new

and interesting each year, to keep runners coming back.

Staff from Peer 613 set up a tent at the event to offer a "Stomp Out Stigma Road Test" to runners. The Peer 613 facility is open to the community from 6 AM to 8 PM, seven days a week. Peer Specialists offer support and encouragement, as well as daily activities and social experiences for people who are having a hard time. "The MudSport event is a great opportunity for us to reach out to people who want services, but are afraid to ask," said Kristi Roe, who supervises the Peer 613 program. "Behavioral health is just another part of health care, and we are working to break down the stigma that keeps people from getting help."



the sponsors and volunteers who step up to make it a great event. We had approximately 60 volunteers this year, and we couldn't do it without them," said Barry Shiohita, race