



Runners doubled for MudSport 2014



Over 220 runners and 40 volunteers turned out for the April 27th Mud Sport event in celebration of Children’s Mental Health Month. It turned out to be a rainy and cool day, but the extra moisture made the course muddier and even more fun for families. The event was co-sponsored by Southeast Health Group, IMA of Colorado, Inc., and the La Junta Tourism Board. The event featured a “Micro Mud Run” for young children ages 0 – 5, and a ¼ mile “Mini Mud Run” for youth ages 6-12, in addition to the 2 ¾ mile mud run for ages 13-adult.



Addesyn Good



Johnny Rocha

This year, the adult course followed a 2 ¾ mile path down the arroyo, under Highway 50 and crossed the Arkansas River before turning back. A series of obstacles, including several that incorporated mud, were featured throughout the course. SHG employees Crystal Stewart and Jeanelle Porto were among the first to cross the river. “It was up to my knees!” said Stewart. “And each step I took I wasn’t sure how deep it would be.” Participants enjoyed running through the arroyo, where they were sheltered from the cool winds.

“The number of runners we had this year more than doubled from last year’s event. They came from as far as Denver, Lamar, and towns throughout the region,” said Barry Shiohita, event organizer. “We wanted mud, and boy, did we get mud! We couldn’t have done it without all the volunteers who so generously gave their time and effort.”

Southeast Health Group celebrates Children’s Mental Health Month to focus on the importance of caring for every child's mental health from birth. SHG encourages families to become resilient and learn to adapt well over time to life-changing situations and stressful conditions. Resilience comes from teaching children to make realistic plans, to keep a positive and confident outlook, and to communicate to solve problems. Resilient families make strong communities.



For more information about the services offered by Southeast Health Group, go to www.southeasthealthgroup.org, or call 1-800-511-5446.