

RMCHCS, Western Health Foundation host 3rd Annual Adventure Mud Run

Written by By William Madaras
Friday, 27 July 2018 08:57



Entry fees raises funds for hospital equipment

Rehoboth McKinley Christian Healthcare Services and the Western Health Foundation invites Gallup and residents from across New Mexico to participate in the sloppiest and dirtiest mud race ever witnessed at the 3rd Annual Adventure Mud Run July 28, at the Gallup OHV Motocross Park on Hasler Valley Road in Gallup.

The race will feature 30 obstacles across the mud, dirt and water, challenging participants in their attempts to crawl, climb and swing across a 5k or 10k obstacle course. This year the Adventure Mud Run is adding an exciting new feature: teams! Racers are encouraged to sign up with friends, family, or co-workers as they take on the course. Matching outfits and costumes are not only welcome, but encouraged!

Young runners can also get in on the muddy action with a special kids' race. Families and

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spectators looking to cheer on runners are welcome to participate for free as spectators. The run will also include food vendors, kids' activities, awards and prizes for top individual and team finishers. Residents are urged to register to participate.

GET INVOLVED

The Adventure Mud Run also welcomes sponsors and volunteers. Volunteers who help build the course and obstacles ahead of the race may be eligible for a discount off the race's ticket price.

All are encouraged to participate at Eventbrite: <https://www.eventbrite.com/e/gallup-adventure-mud-run-tickets-44528659419> and

Facebook: <http://gallupmudrun.com/> <facebook.com/gallupmudrun>

TIME, PLACE, COST

The 10k race starts at 8:30 am, the 5k race starts at 9 am, and the kids' race starts at 11 am. All races take place at the Gallup OHV Park on Hasler Valley Road. The cost is \$55 per runner for the 5k race; \$65 for the 10k race; and \$10 for the kids' race.

Proceeds from the Adventure Mud Run will benefit the Western Health Foundation's annual Charity Invitational fundraising event. Each year the foundation hosts Charity Invitational, which consists of events such as the Adventure Mud Run, a golf tournament on Sept. 22, and a Gala event on Sept. 23 to raise funds to foster health and wellness and help improve healthcare throughout McKinley County.

This year's Charity Invitational project is the renovation of patient rooms and bathrooms, the purchase of new patient beds and in-room physician computers at RMCHCS. This project is part of RMCHCS' overall commitment to invest in improving and enhancing the care it provides

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to the people of this region.

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