

FOR IMMEDIATE RELEASE:

May 15, 2015

### **Madelia Scrub Run/Walk 5K at Park Days**

**Madelia, Minn.** – The Madelia Community Hospital Foundation is excited to announce that they will again be collaborating with Anderson Race Management to host a 5K Run/Walk in conjunction with the Park Days activities. Race time is at 9 a.m. on Saturday, July 11<sup>th</sup>.

The Madelia Scrub/Run Walk 5K, formerly known as the Madelia River Run, starts at the Madelia Town Hall and winds through the beautiful Watonwan River valley. The name and theme were changed this year to draw attention to our health care focus and to help raise money for an important local cause, to purchase cardiac defibrillators for the Madelia Police Department.

The Scrub Run/Walk 5K is a fun family event with a twist.... racers are encouraged to wear scrubs or dress up like a favorite medical character from television, like Dr. Grey, “Hot Lips” Houlihan, Doogie Howser, M.D., etc. Participants who choose to dress up will be entered into a Best Dressed Scrubs contest. While organizers are hoping entrants will dress in medial attire, it is certainly not mandatory to do so. Scrub tops will be given to entrants that sign up for the race by June 1<sup>st</sup>.

#### **Registration costs for the Scrub Run/Walk 5K are as follows:**

PreRegistration (before 6/1): \$20, Registration (after 6/1): \$25, Race Day: \$30

Sign In and Onsite Registration will take place on July 11th from 7:45 - 8:45 a.m.

Everyone is invited – runners, walkers, families with strollers, and spectators. Entries may be individual or team. Business can sponsor a team, and some businesses even have team shirts (or maybe scrubs?) made for participants. In addition to the Best Dressed Scrubs Contest, race medals will also be awarded for: 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place (by age group), Team with the Most Participants, Fastest Team.

We are also looking for Race Sponsors for the Madelia Scrub Run/Walk 5K. Sponsorships offset the expense of having the race, and will help us raise funds for the Automated Electric Defibrillators that the Madelia Police Department is hoping to purchase. Donations of \$200 or more will be recognized at the event.

This is a great small town race with lots of charm. Everyone is invited - runners, walkers, families with strollers, and spectators. Let's have some fun and raise money to save lives! Visit [www.mchospital.org/events](http://www.mchospital.org/events) for on-line registration information, or to download a registration form.

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#### **About Madelia Community Hospital & Clinic**

Madelia Community Hospital & Clinic is a private, nonprofit facility staffed by a team of physicians and medical professionals that is profoundly committed to providing health care of the highest standards to Madelia and surrounding communities. As a 25-bed acute care hospital, we offer all the primary health services, such as medical/surgical, pediatric, emergency care and more. In 2011, we expanded our services to include a family medical clinic which provides adolescent health, geriatric health, men's health, newborn health, pediatric health, preventative medicine and women's health. Over the years, we have proactively responded to the changing demands within the health care system, which has ensured our ability to deliver up-to-date medical services, purchase advanced medical equipment, and provide complete and compassionate care to all who enter our facility.