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## FOR IMMEDIATE RELEASE

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### Tri-County hosts 38th annual Sunnybrook Stomp

**WADENA, Minn. – May 22, 2019** – Calling all area runners and walkers! Tri-County Health Care’s 38th annual Sunnybrook Stomp 5K is Friday, June 14, at Sunnybrook Park in Wadena. Registration opens at 5:30 p.m. The races begin at 6:30 p.m., starting with a Kids 1K followed immediately by the 5K. After the races, the Wadena Youth Hockey will have refreshments for sale, and kids can enjoy inflatables before and after the 1K.

The cost for the 5K is \$20 for adults and \$15 for children 12 or younger. The Kids 1K for ages 10 or younger is free, and all children who participate will receive a T-shirt. Adult T-shirts are available while supplies last.

Prizes will be given away after the race to random race finishers and to the top finisher in each division. All kids participating in the 1K will receive a prize.

The 5K course is a snapshot of Wadena – it includes the park, industrial, health care and residential areas of the north east side of Wadena.

All proceeds of the Sunnybrook Stomp will benefit the Tri-County Health Care pediatric rehab program.

Pre-registration is recommended. For more information or to register, visit [TCHC.org](http://TCHC.org) or contact Sarah Maninga at 218-639-3949 or [sarah.manninga@tchc.org](mailto:sarah.manninga@tchc.org).

#### **ABOUT TRI-COUNTY HEALTH CARE**

Tri-County Health Care is a private, not-for-profit health care system located in Wadena, Minnesota. It offers care services such as primary health, surgery, cancer care, diagnostic imaging, obstetrics, orthopedics and rehabilitation. Tri-County operates a hospital and medical clinic in Wadena, as well as five satellite clinics and two physical therapy clinics across Wadena, Todd and Otter Tail counties. Satellite clinic locations include Bertha, Henning, Ottertail, Sebeka and Verndale. Visit [TCHC.org](http://TCHC.org).

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