
FOR IMMEDIATE RELEASE

Sunnybrook Stomp brings out 75 participants

WADENA, Minn. – June. 13, 2023 – Astera Health welcomed runners of all ages to the annual 5K at Sunnybrook Park. Held during June Jubilee festivities, runners gathered for a fun run on a course featuring some of the best parts of Wadena. In addition to the adult 5K, a 1K kids run is held before the main event.

75 participants entered the Sunnybrook Stomp in 2023. The event was organized by the Employee Light Committee at Astera Health. This committee was formed to facilitate volunteer projects by Astera Health staff.

Grant Nelson finished the 5K with the best overall time at 18:41. Coming in second was Aaron Spicer with a time of 20:57. Third and best overall female was Lydia Oldakowski with a time of 21:58.

Granola bars and fruit were donated by Super One Foods, and water was supplied by Culligan. This year, all proceeds from the Sunnybrook Stomp go to the pediatric rehab program at Astera Health.

ABOUT ASTERA HEALTH

Astera Health is a private, not-for-profit health care system based in Wadena, Minnesota. It offers care services such as primary health, surgery, cancer care, diagnostic imaging, obstetrics, orthopedics and rehabilitation. Astera Health operates a hospital and medical clinic in Wadena, and serves the counties of Wadena, Todd and Otter Tail through five satellite clinics and two physical therapy clinics in Bertha, Henning, Ottertail, Sebeka and Verndale. Visit asterahealth.org.

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