

2019 MGC Long Run Gives \$25,491.60 to the USO South Carolina

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Total Charitable Giving Over Five Years more than \$150,000

Columbia, SC – The MGC Long Run, a 15k, 5k, Virtual 5k and Kids' Fun Run, raised \$25,491.60 for USO South Carolina. For over 77 years, the USO has been the nation's leading organization to serve the men and women in the U.S. military, and their families, throughout their time in uniform. From the moment they join, through their assignments and deployments, and as they transition back to their communities, the USO is always by their side.

This year, MGC Long Run committee presented the check at the USO Center at McCrady Training Center, one of four USO locations in South Carolina, and were able to witness first-hand the importance of this contribution. The USO South Carolina's four locations help support our service men and women by providing emotional wellness, entertainment events, food, holiday celebrations, information services, transition programs and much more. The donation is a result of the 2019 MGC Long Run 15k, 5k, Virtual 5K and Kids' Fun Run that took place on Feb. 2.

This year's race had 744 runners and walkers and 197 volunteers. The Long Run was presented by McAngus Goudelock & Courie, a regional insurance defense firm headquartered in Columbia. The Not-So-Long Run 5k was presented by Midlands Orthopaedics & Neurosurgery.

"All of our employees at MGC are so humbled to honor the men and women of our Armed Forces and their families," said Rusty Goudelock, one of MGC's founding members. "We remain proud and enthusiastic supporters of The USO South Carolina for its important mission, to strengthen America's military service members by keeping them connected to family, home and country, throughout their service to the nation. As a business and personally, it is one of the most fulfilling things we do for our community."

This year was the sixth year for the MGC Long Run. The MGC Long Run has raised more than \$150,000 for nonprofits since it began in 2014. The 2020 race will take place on Sat., Feb. 1, and will feature a 15k, 5k, Virtual 5K and Kids' Fun Run. More information can be found at www.mgclongrun.com.

About the MGC Long Run

The MGC Long Run 15k|5k will take place in downtown Columbia on Saturday, February 1, 2020. The race is presented by McAngus Goudelock & Courie, a regional insurance defense firm headquartered in Columbia, and net proceeds will benefit the USO South Carolina. We look forward to a great race! Visit www.mgclongrun.com for information about the race, volunteer opportunities, sponsorship opportunities and more.