

“We Ran For Her”

By: Shannon Love

The Muddy Princess USA outdoor 5K (3.1 mile) obstacle mud run for women and women only was held in Lakeland at the Clear Springs Ranch.

The run for princesses of all ages, sizes and fitness levels was the perfect way to get out and have a wonderfully dirty time walking, running, crawling, sliding, balancing, and laughing their way through each muddy obstacle.

The featured team on the right, from Ocala, Crystal River, and Brooksville, were running to promote the “His House For Her” Recovery Center of Ocala.

His House For Her Recovery Center is a non-profit organization that provides supportive housing for at-risk women who struggle with addiction and trauma.

Melissa Casto, Executive Director of His House

For Her, Inc., said, “We did it!!! 5K in the mud. 21 obstacles in the MUD. Y’all we had a blast!!! We ran for all those women who couldn’t-all those who are struggling with addiction - and trauma”.

For further details and contact information visit their “His House For Her, Inc.” Facebook page, visit them online at www.hishouseforher.org, or call them at (352) 895-5037 today.



Muddy Princess 5K Mud Run/ His House For Her, Inc

“I most definitely had the time of my life doing the 5K Muddy Princess USA run. I enjoyed the laughing and all the encouragement our team had! So proud of how good we did and we stuck together”, said Taryn Finley who ran the course with the “His House For Her Team”. Teammates included: Sarah Finley, Taryn Finley, Christie Cameron, Jessica Steinborn, Riley, Tammie Stricker, Barbara Ketchum, and Melissa Casto.



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