

MGC Brings The Long Run 15k to Famously Hot Columbia

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Media Contact

Erica Gianetti

Marketing & Communications Supervisor

erica.gianetti@mgclaw.com

COLUMBIA, SC—McAngus Goudelock & Courie is bringing an exciting new event to Famously Hot Columbia. [The Long Run](#), a unique road race, will be held on Super Bowl Sat., Feb. 1, 2014. The Long Run will be a 15k course that winds through historic downtown Columbia, Cayce and West Columbia, beginning and ending on the revitalized Main Street.

Why is a law firm putting on a race? MGC is the driver behind this event in an effort to combine firm values of charitable giving, community support and employee wellness. Net proceeds from the races will benefit Souper Bowl of Caring, the firm-wide charity for 2014.

“We founded MG&C in Columbia 18 years ago. We made the decision to put on The Long Run as a way to give back to a charity that was also started in our Midlands community,” said Hugh McAngus, a founder of MGC.

“Souper Bowl of Caring began 23 years ago in our hometown, and has grown to serve the hungry across the nation. Combining MGC values of giving and wellness, we are excited to present the inaugural Long Run this February.”

The Long Run is a distance of about nine miles, and is aiming to draw both the serious and intermediate runner. The distance is more challenging than a 10k, but not as strenuous as a half-marathon. Runners wanting to do a shorter distance can register for the Not-So-Long Run 5k, sponsored by Midlands Orthopaedics, which will also run through downtown Columbia. Both courses will begin on Gervais St. in front of the State House and end on Main St. Cash awards will be offered to the top three male/female finishers in both racing events, as well as cash prizes for a Super Bowl themed costume contest.

[Online registration](#) for The Long Run and Not-So-Long Run opens on Aug. 1.

“Not only will this event bring hundreds of runners to our city joining a wonderful tradition that includes the USMC Mud Run, the Governor’s Cup and the Columbia Marathon, it does so while promoting a truly worthy cause,” said Columbia Mayor Steve Benjamin. “We are very proud to host The Long Run and we sincerely thank the Souper Bowl of Caring for all the great work they do.”

The date and distance of this race was carefully selected with input from Strictly Running owner Selwyn Blake. “With ideal running temperatures averaging from the mid-30’s to 60 degrees in Feb., and with many runners in mid-marathon training, this distance is a good compliment to the serious runner’s training calendar,” Said Blake. The race also ties in with nationwide events supporting Souper Bowl of Caring, the nonprofit benefitting from the race. Souper Bowl of Caring is a national charity born in Columbia who uses the energy of the Super Bowl to mobilize youth in a united national effort to care for people in their local communities who are hungry and in need.

“With the support of businesses like MGC, the Souper Bowl of Caring will mobilize thousands of young people across the Midlands to raise funds for scores of local food banks and pantries,” said Brad Smith, Founder and Chairman Emeritus of Souper Bowl of Caring. “Completing The Long Run will require strength, but I’m especially impressed that proceeds from this endeavor will help those that are weak, hungry and hurting.”

The Long Run is presented by McAngus Goudelock & Courie. Other sponsors include Midlands Orthopaedics and Janney Montgomery Scott LLC. For sponsorship and more information about The Long Run, visit www.mgclongrun.com. For more information about Souper Bowl of Caring, visit www.souperbowl.org.