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FOR IMMEDIATE RELEASE

MGC Long Run Partners with USO South Carolina

Registration Now Open

Columbia, SC – The MGC Long Run 15k and 5k races will return to Famously Hot Columbia, SC on Saturday, February 7, 2015. Net proceeds from the races will benefit USO South Carolina, whose mission is to lift the spirits of America’s troops and their families.

The MGC Long Run is presented by McAngus Goudelock & Courie (MGC), a regional insurance defense firm headquartered in Columbia. MGC launched the inaugural Long Run in 2014 as a way to give back to the Midlands community where the firm was founded. The inaugural race brought together over 500 runners and walkers, 250 volunteers and a number of local businesses, and raised over \$20,000 for a local charity.

“The MGC family has many ties to the military. Many of our own team are serving or have served our country or have an immediate family member in the service,” said Jay Courie, Managing Member of MGC. “We are so grateful for their sacrifice and service, and are excited to partner with USO South Carolina to give back to those who serve our country.”

“The USO South Carolina strives to make Every Moment Count for the troops and their families throughout our state! Thanks to MGC for selecting the USO South Carolina as their nonprofit partner and beneficiary of funds that will be raised at their second annual MGC Long Run, we will be able to continue to honor and create moments that count for our troops and their families,” said Joanie Thresher, Director of USO South Carolina. “The USO South Carolina is a nonprofit organization that relies on the generosity of the American people to make a difference. MGC is doing just that! Register to run, walk or sponsor the event and you too will be supporting the troops and their families that support you!”

The 2015 MGC Long Run will be a not-to-miss event, featuring a 15k, 5k and Kids’ Fun Run, all beginning and ending in downtown Columbia. There will also be a family-friendly party

celebrating runners, walkers, volunteers and those that fight to protect our freedom. Early bird registration is now open at www.strictlyrunning.com.

For more information about the MGC Long Run, including sponsorship information, please visit www.mgclongrun.com.

About the MGC Long Run

The MGC Long Run 15k|5k will take place in downtown Columbia on Saturday, February 7, 2015. 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. For more information, please visit www.mgclongrun.com.