Mi Birmingham Area Gets Fit to Fight Childhood Cancer and Blood Disorders

On the morning of August 20, Team inMotion, composed of 17 members from Mi Birmingham-area departments, participated in the 2nd Annual EVO 5K Fit Challenge at historic Sloss Furnaces in Birmingham, AL. Proceeds from the event benefit childhood cancer and blood disorder research.

Owner of EVO Fitness, Curtis Starks, says that his goal for the event was to take a traditional 5K and turn it into a new and different type of event. "This 5K event had two races involved. First the race started with your traditional 5K run or walk, and once that was completed, another wave began," he said.

The next wave was a bit more intense for those who participated because within the 5K, there were fitness stations during the route and another towards the end of the route. Fitness stations included exercises that were simple, but designed to challenge. Walking lunges, moving squats, and kettlebell carries, to name a few. Keep in mind that this was done simultaneously within the 5K. Curtis added, "I think it’s awesome, but hey, I’m the trainer, right?"

It was mainly a positive experience to the 5K and Fit Challenge participants.

Valerie Abercrombie (Mi Account Rep Specialist, Birmingham, AL) said, "Considering it’s been over a year since my last 5K, not to mention not allowing time to properly condition my body for the run/walk, I’m proud to say that I finished the walk in under an hour."

Eric Pope (Mi Corporate Buyer, Birmingham, AL) said that the 5K was not easy, but he enjoyed it. Especially since the cause that the event was for was close to him.

Fit Challenge competitor Dwight Lambert (Mi Human Resources Business Partner, Birmingham, AL) said, "It was definitely a challenge. I’m not a huge cardio guy, so combining the 5K run with 10 stations was a challenge, but a fun challenge."

(continued)
Mi Human Resources’ Dwight Lambert (blue/red shorts) successfully undertakes the Fit Challenge obstacle course.

Through registration for the event, funds were raised to help support childhood cancer and blood disorders as well as Children’s Hospital of Alabama. Motion Industries had about 17 team members register for the event through the online registration platform as well as through a promo event that Curtis Starks held at the Motion Industries corporate office on August 5.

In addition to having a team participate in the 5K, Mi Birmingham-area was a proud sponsor of the event, and other Mi employees served in various roles of the event’s operations.

According to Curtis, everyone was happy with the event. "Sloss Furnaces has already called and wants me to give them a date for next year, and I’m excited about that," he said. Curtis has big plans for the future of the event. "I’m always looking for ways to make the event bigger... instead of a race, I want it to be an event."

Along with Curtis, Mi Birmingham members of Team inMotion are ready for next year and plan to continue their support for the EVO 5K Fit Challenge with efforts to raise awareness of childhood cancer and childhood blood disorders.

*Congratulations to all finishers, and to Curtis for another successful event. Join us in 2017!*
Wave 1 5K participants from Mi in Birmingham pictured here: Ykeca McCandless, Sandra King, Eric Pope, Valerie Abercrombie, Billy Hamilton, and Brandon Ellis.
Mi Marketing’s Chris Lutomski sets up the banner at Mi’s table.

Watch the Facebook Live interview.

Filming another Facebook Live post. (Watch now.)
UAB’s mascot Blaze tries the barbells.
Volunteer Erica Harris (Mi Accounts Payable, Birmingham, AL) hands out medals to Fit Challenge finishers.