



**MARCH 2024**  
www.cantrellcenter.com

# Cantrell Corner

*The Cantrell Center Newsletter*



## The 2024 Cantrell Center 5K & 1 Mile Fun Run was a success!

*We had over 1,100 registrants-- some traveling from neighboring states Alabama, South Carolina, Tennessee, and Florida-- and some traveling from as far as Missouri, Illinois, Kentucky, Virginia, Massachusetts, New York, and even Texas!*

We were blessed with sunshine on the day of the race. The day certainly got off to a chilly start, but once our participants got moving, they warmed right up!

We were joined by several special guests including 13WMAZ's Katelyn Heck, who helped emcee the event; WDEN's Laura Starling who did a live remote to WDEN on race day; and Kelsey Hollis, Miss Georgia 2022, who sang the National Anthem.

Children's Miracle Ambassador Family, Keason Milton and his mother, Tiffany; Tassie Cantrell, PT, CEO, President, & Owner of the Cantrell Center for Physical Therapy & Wellness, along with many other friends of the Cantrell Center lined up at the starting line for a photo op before the start of the race!

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#### CANTRELL CENTER EMPLOYEE ANNIVERSARIES

#### THANK TO SPONSORS OF THE 2024 CANTRELL 5K & 1 MILE

#### KEEP MOVING!!! FEATURED RUN/WALK EVENTS

See photos and videos from Race Day on our social media platforms:



@cantrellcenter



@cantrellcenter5K

Cantrell Center  
**5K** & 1 Mile

Proceeds benefit:



Presented by:

**BOLAND**  
**PROSTHETIC**  
& ORTHOTIC CENTER

#### GOLD SPONSORS



#### SILVER SPONSORS:



#### BRONZE SPONSORS:

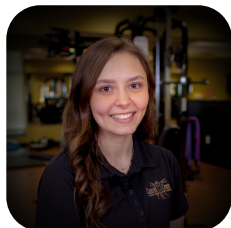
CENTRAL GEORGIA TECHNICAL COLLEGE • COOK'S PEST CONTROL • D-BAT WARNER ROBINS • GUESTPIX  
HANDS OF HOPE ANIMAL HOSPITAL • J&J HEATING, AIR & PLUMBING • LANE SOUTHERN ORCHARDS  
MIDDLE GEORGIA TUB DOCTOR • POOL ORTHODONTICS • SOUTHERN PRIMARY CARE • STARBUCKS  
THE DESIGN GALLERY • GEICO LOCAL OFFICE • GEORGIA DRONE PROS • RAFFIELD TIRE MASTER  
JOY ROBERTSON AGENCY, ALLSTATE • SOUTHERN PERFECTION FABRICATION



# Cantrell Center Employee Anniversaries



**Donna Amos**  
Arthritis Foundation Certified  
Aquatic Instructor  
**18 Years**



**Lauren Davidson**  
Patient Services  
Coordinator  
**1st Anniversary**



**Shelby Yuhas**  
Wellness  
Receptionist  
**1st Anniversary**

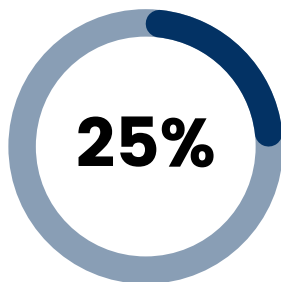


**Janet Cooley, VPA**  
Vice President of  
Administration  
**27 Years**

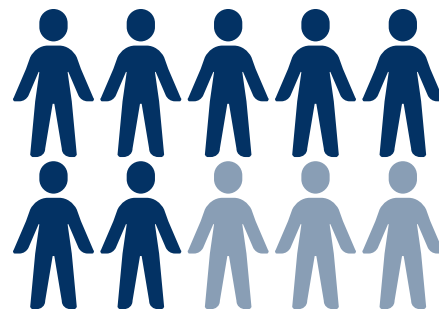


Our  heart is for the "first-timer"

The target audience of the Cantrell 5K & 1 Mile is the person who would never dream of doing a 5K- we aim to reach that person and let them know: **Yes!**  
**You CAN do it!**



25% of '24 Cantrell 5K or 1 Mile registrants were first-timers.

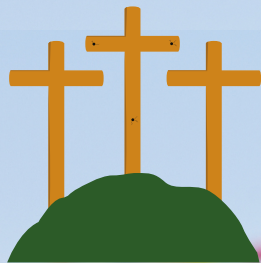


73% participants chose to walk the 2024 5K or 1 Mile rather than run.

We always say: **Walk or Run, but GET MOVING, MIDDLE GEORGIA!** Now, we want you to **KEEP moving!** Don't let your fitness journey end at the Cantrell 5K's finish line!

## Upcoming Closure

### Good Friday Closure



The Cantrell Center for Physical Therapy and Wellness will be **closed Friday, March 29th** in observance of Good Friday.

The Wellness Center will resume normal Saturday hours on **Saturday, March 30th.**

# KEEP MOVING, MIDDLE GA!

The Cantrell Center is proud to highlight several races throughout the year as a way to encourage you to keep up the momentum even after you cross the Cantrell Center 5K's finish line. We want you to KEEP moving!!



## Run 2 End Alzheimer's 5K & 10K

Saturday, April 6, 2024 in Bonaire @ 8:00 AM

Proceeds from this annual run benefit Georgia Alzheimer's Association. The race is held at Landing Pointe Plaza. The 5K course is USATF certified and leads through picturesque Statham's Landing. Discounted entry for children under 12 and Macon Tracks members. This race is part of the Macon Tracks OrthoGeorgia Race Series. Please visit <http://run2endalz.org> for complete information including team competitions, awards, optional virtual run, and more!



## Cherry Blossom Festival Road Race 5K & Cheer Mile

Saturday, April 13th, 2024 in Macon @ 8:30 AM

The annual Cherry Blossom Festival Road Race is a road race run/walk benefiting Wesley Glen Ministries. Wesley Glen Ministries makes a huge difference in the lives of adults with intellectual and developmental disabilities. The event takes place at Howard High School, 6400 Forsyth Road, Macon 31210 This event is part of the Macon Tracks Running Club/OrthoGeorgia Race Series.



## Action in Kindness Childcare 5K

Saturday, April 20, 2024 in Macon @ 7:30 AM

TAction in Kindness is a local non-profit. This event provides funds to open a daycare center to 4651 Ayers RD Macon, GA. Check in time will start at 6:45 am to 7:20 am with the 5K run/walk starting at 7:30am. Awards presentation will start at 8:45 am. The 5K run/walk will be an out and back.

*Get a head start on other upcoming run/walk events by browsing these online calendars:*

*Macon Tracks, Run Georgia, Running in the USA, Active.com*

**SAVE THE DATE FOR THE #CANTRELL5K2025! 02.22.25**



Save the date: The 16th Annual Cantrell Center 5K & 1 Mile Fun Run is scheduled for Saturday, February 22nd, 2025! The 2025 event page is LIVE!! RSVP now, invite your friends and family to attend! We would love to have you join us in 2025 either by participating in the 5K or the 1 mile, or by joining us at the finish line to help cheer on participants!



**RSVP TO OUR OFFICIAL 2025  
EVENT PAGE ON FACEBOOK NOW!**

**Connect with the Cantrell Center online!**



**@cantrellcenter  
@cantrellcenter5K**