You made the Cedro 5K a huge success. The 5K was a sprint, but providing health services to an entire community for a year is a marathon! Because of your generous support, we don’t have to run this endurance race alone. Together, you gave a record-breaking $7,572 for health in Cedro Galán, Nicaragua and made it possible for the Cedro Clinic to provide 2,000+ medical consultations this year. We are so grateful!

As a thank you, this email contains everything you need to experience the 5K for yourself (sort of...you didn’t run it, you didn’t get photos from the start line; but you did donate, you did have a fundraising challenge, and we have infographics with everything you could ever want to know about the 5K, from start to finish line).

You can see photos from race day here →
You can see Program Director Challenges here →

The 5K Photo Album                           Program Director Challenge Video

Spring Break Projects
March is one of our busiest months because of Spring Break season! This year, MPI’s 4 sites welcomed teams from Vanderbilt University, the College of Charleston, the University of North Carolina and the University of South Florida as they participated in programs and our community projects, and got to know our communities. Thank you to our Spring Break teams!

Ecuador: Classroom Improvement, Tutoring, Teen Center Events and Spelling Bee

School-based students planned and participated in our 5th annual Ecuador 5K. With the help of Brainlink, students provided support and learning opportunities for grandparents in our community.

You can read about these projects here →

Nicaragua: Health Clinics, Talent Shows, Cooperative Marketing Support and 5K

MPI Nicaragua welcomed diverse teams from Vanderbilt University, the College of Charleston, the University of North Carolina and the University of South Florida.

You can read about these projects here →

Alumni Guest Blog: Climbing Cotopaxi

Looking back now, it’s hard to fathom that we actually summited Cotopaxi. We’d built this day up in our minds for over six months. First as an idea, and then through a number of months preparing for the climb; we practiced by climbing six nearby peaks at lower altitudes.

You can read Evan Quinnell’s blog on the arduous climb up the volcano Cotopaxi here --

What is Semana Santa?

Semana Santa is the Easter celebration in Spanish-speaking countries. Everything shuts down for at least four days, Thursday through Sunday. Communities come together to celebrate with processions, gatherings and family meals. Many people head for the countryside or the beach, and so did our Program Directors! Read about their trips here:

Vilcabamba, Ecuador →
The Corn Islands, Nicaragua →

5K Recap

Making the most of a service-learning trip that you virtually summited Cotopaxi. We hope this blog helps you as you reflect on your service-learning trip, and as you share the results. Feel free to share a reflection on your own blog, on social media, or with friends, family and others.

Evan Quinnell explains how the trip was anything but easy:

"You can read about the climb here: [link]“
RUNNING FOR HEALTH

Because of your generosity, the CEDRO 5k will be able to provide an expanded 11th-grade scholarship for 2016. Your support is critical to
make the health of this wonderful community, and your needs, that possible!

BY THE NUMBERS

200+ PARTICIPANTS
300+ VOLUNTEERS
300+ PARTICIPANTS

2016
2015
2014

$3.9K
$6.3K
$7.5K

Thank you these Alive House, Glenda's, Esquina Latina,
Tampa, Florida.

"It has been a blessing to our community that
the 5k exists. The proceeds from the event go
right back to health care. The fun run creates
the opportunity to come together in a healthy
way and support something that really helps to
our family and those in our community." -Abel, 36

2016 Top 4
PROGRAM DIRECTOR FUNDRAISER CHALLENGES

MIA
JESS
TOBY
CAROL

THANK YOU!

DONATE
VOLUNTEER

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