



Press Release
FOR IMMEDIATE RELEASE

Media Contact
Anallency Ramirez | rchcares@rchd.care
432-447-3551 ext. 2243

Reeves Regional Health to Host 1st Annual 5K Color Run

May 2 event brings community together for fun, fitness, and wellness

PECOS, Texas (April 27, 2026) — Reeves Regional Health is inviting the community to take part in a morning of movement, color, and connection with its 1st Annual 5K Color Run, set for Saturday, May 2, 2026, at 8:30 a.m. The event will be held at Reeves Regional Health Legacy and is designed to encourage healthy lifestyles in a fun, welcoming environment for all ages.

As a community hospital, Reeves Regional Health continues to emphasize that wellness extends beyond traditional care settings. The Color Run is one way the organization is helping bring that message to life—encouraging people to stay active while enjoying time with family and friends.

“This event is about creating a positive experience around health and wellness,” said Anallency Ramirez, Director of Program Development. “We want people to come out, have fun, and recognize that taking care of their health can be something enjoyable and shared with others.”

The 5K Color Run offers a unique, non-competitive format where participants walk, jog, or run along the course while being showered with bursts of color. The focus is on participation rather than performance, making it accessible to individuals and families at all fitness levels.

“Not everyone is training for a race, and that’s okay,” Ramirez said. “This is about participation. It’s about getting outside, moving your body, and being part of something positive in the community.”

The event also highlights the importance of regular physical activity as part of overall health. Staying active can help reduce the risk of chronic conditions and support overall well-being, and Reeves Regional Health aims to reinforce that message in a way that feels approachable and realistic.

“Small steps can lead to meaningful changes,” said Prince Dimgba, Dietician and Wellness Committee Chair. “When people find activities they enjoy, they are more likely to stay consistent. An event like this helps introduce that idea in a supportive and encouraging environment.”

In addition to promoting fitness, the Color Run is designed to strengthen community connections. Participants are encouraged to register with friends, family members, or coworkers and enjoy the experience together.

“There’s something powerful about doing this as a group,” Dimgba said. “It builds encouragement and accountability, and it reminds people that they are not alone in their health journey.”

MORE

Reeves Regional Health

2349 Medical Drive. | Pecos, TX 79772 | 432-447-3551 | www.reevesregional.com



Reeves Regional Health to Host 1st Annual 5K Color Run

Page 2

Participants can expect a lively morning filled with color, music, and community spirit. Each registered participant will receive a commemorative event T-shirt, and there will be opportunities to win prizes throughout the event.

Registration for the 5K Color Run is \$25 per person, which includes an official event T-shirt. Community members are encouraged to visit the Reeves Regional Health Facebook page for full event details, including registration information and access to the event flyer. Early registration is recommended.

“This is a chance to bring people together in a way that supports both physical and community health,” Ramirez said. “We’re excited to see families, friends, and neighbors come out and be part of it.”

For questions, please call Anallency at 432.447.3551 ext. 1120.

About Reeves Regional Health

Reeves Regional Health (RRH), a non-profit Level IV Trauma Center in Pecos, Texas, has been caring for Reeves County and surrounding West Texas communities since 1954. In 2022, the hospital opened its new facility, combining modern technology with the warmth of hometown care. In 2025, RRH was recognized as one of the Top 100 Critical Access Hospitals nationwide and also earned National Recognition as a Center of Excellence in Surgical Safety by the Association of periOperative Registered Nurses (AORN).

Our Mission and Vision: We are committed to exceptional care through servant leadership and strive to be the trusted beacon of health in our region—enhancing quality of life through innovation, compassion, and excellence. Guided by our WECARE values—Wellness, Excellence, Compassion, Accountability, Respect, and Equality—we put patients and families at the heart of everything we do.

###

Reeves Regional Health

2349 Medical Drive. | Pecos, TX 79772 | 432-447-3551 | www.reevesregional.com