

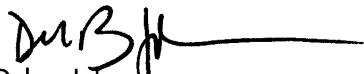
On your mark...

Get set... GO!

St. Clair County Community Mental Health invites you to participate in our 11th annual **Healthy Minds, Healthy Bodies Run for Recovery**. This theme reflects our agency's focus on the interconnected nature of the **mind and body**, and our commitment to seeing each **individual as a whole person** while supporting them on their **journey towards wellness**.

WHY WE RUN: The Run for Recovery serves as a reminder that recovery from mental health conditions is possible! Proceeds from this event will benefit local non-profit organizations that share our commitment to improving the health and wellness of our community.

Thank you for supporting our mission!



Debra Johnson
Executive Director
St. Clair County Community Mental Health

This event has been reviewed for the physical activity content and has been endorsed by the Governor's Council on Physical Fitness, Health, and Sports. This does not reflect endorsement of the sponsoring organization or the products used.

With this endorsement, participating runners, who are at least 18 years old, are eligible to register for the 2019 lottery for a chance to be one of only 400 runners to run over the Mackinac Bridge on Labor Day!



PLEDGES

Registration fee will be waived for people collecting pledges totaling \$50 or more. **Collected pledges must be turned in with the registration form in order to qualify.** Donations may be tax-deductible. Checks should be made payable to "SCCCMH".

Sponsor's Name		Donation
Address	City	Zip

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Saturday,
May 11th, 2019
1 Mile Walk • 1 Mile Kids Run • 5K Run

Endorsed by the Governor's Council on Physical Fitness, Health, & Sports. USTAF Certified 5K Course.



St. Clair County
Community Mental Health
Promoting Discovery & Recovery Opportunities
for Healthy Minds & Bodies

Connect with us:
810-985-8900
www.scccmh.org
[facebook.com/scccmh](https://www.facebook.com/scccmh)

Registration

Online registration is available via our race website:
<https://run4recovery.enmotive.com/>

Registering by **5:00 p.m.** on **Friday, April 12, 2019** gives runners and walkers a discount on the registration fee, ensures your race bag will be ready for early pick-up, and guarantees a 2019 short-sleeve race shirt in their selected size. Registrations can also be completed by mail or in person. Forms cannot be accepted by fax or email.

Race Bag Pick-Up

Pre-registered participants may pick up shirts, bib numbers, and timing chips on Thursday, May 9 and Friday, May 10, 2019 from 8:30 a.m. - 5:00 p.m. at the SCCCMH Port Huron office. Participants who pick up their packets on May 9 or 10 will have their names entered in a drawing to win **Beat the Rush** prizes. Pre-registered participants who do not pick up packets in advance may pick them up on race day.

Race Day Registration

Runners and walkers may register on the day of the event between 7:30 - 8:30 a.m. Registration closes PROMPTLY at 8:30 a.m. **Shirts are not guaranteed for Race Day Registration.** A small number of extras will be ordered, and available on a first-come, first served basis.

Questions? Please contact Jill Vandenabeele at (810) 966-3539 or jvandenabeele@scccmh.org.

Checks can be made payable to: SCCCMH
Registration forms & fees can be mailed to:
St. Clair County Community Mental Health
Attn: Run for Recovery
3111 Electric Avenue
Port Huron, MI 48060
Please note, we are unable to provide refunds.

Race Details

Race Options

- 1 Mile Walk (accessible course)
- 1 Mile Timed Kids Run (ages 12 and under)
- Certified 5K road race

Starting Times

- 8:30 a.m. 1 Mile Walk & 1 Mile Timed Kids Run
- 9:00 a.m. 5K Run


Course Details

- All events start and end on Cleveland Avenue (west of the CMH building)
- Course maps are available online

Parking

- Parking is available in the front lot of the CMH building. For maps, please visit our run website.

Registration Fee

- The 2019 fee structure is listed on the registration form 
- Reduced rates are available to those registering before 5:00 p.m. on April 12, 2019
- **Registration Fee waived** for all participants who raise at least \$50 in donations and turn them in BEFORE race day with their registration form.

Awards

- Awards will be given to 1st through 5th place finishers of the 5K Run by gender and age group. Age groups are: 6 and under, 7-8, 9-10, 11-12, 13-15, 16-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.
Awards also will be given to the overall top male and female finishers in the 5K Run.
- Awards will be given to 1st through 5th place finishers of the 1 Mile Timed Kids Run by gender and age group. Age groups are: 6 and under, 7- 8, 9-10, 11-12. Awards also will be given to the overall top male and female finishers in the 1 Mile Timed Kids Run.



Four-legged friends are welcome!



2019 Run for Recovery Registration Form

Name: _____

Street Address: _____

City: _____ State: ____ Zip: _____

Telephone: _____

E-Mail: _____

Gender: Male Female

Date of Birth: ____/____/____ Age: _____

Please check only one box below to select your race option:

Registration BEFORE 5:00 p.m. April 12, 2019

- 1 Mile Walk - \$25 with shirt *
- 1 Mile Walk - \$20 without shirt *
- 1 Mile Timed Kids Run (12 & under) - \$20 with shirt
- 1 Mile Timed Kids Run (12 & under) - \$ 15 without shirt
- 5K Run - \$25 with shirt
- 5K Run - \$20 without shirt

Registration AFTER 5:00 p.m. April 12, 2019

- 1 Mile Walk - \$30 with shirt *
- 1 Mile Walk - \$25 without shirt *
- 1 Mile Timed Kids Run (12 & under) - \$25 with shirt
- 1 Mile Timed Kids Run (12 & under) - \$20 without shirt
- 5K Run - \$30 with shirt
- 5K Run - \$25 without shirt

*Participants who wish to run the 1-Mile are welcome to sign up for the 1-Mile Walk, but please note, the 1-Mile run is ONLY timed for youth 12 and under.

Tech t-shirts are short sleeve moisture wicking

Adult (unisex) Tee: S M L XL 2X 3X 4X

Women's Tee:..... S M L XL 2X 3X 4X

Child's Tee:..... S M L

No Shirt:.....

Pledges Enclosed \$ _____

In consideration of accepting this entry form, I hereby for myself, my heirs, executors and administrators waive and release all rights and claims for damage I may have against this event, the sponsors of this event, its agents, successors and representatives, and assigns of any and all injuries suffered by me at said run/walk, or which may arise out of traveling to, participating in and returning from this event.

Participants must complete entire registration form and sign before participating in the run or walk.