

**On your mark...  
Get set...**

St. Clair County Community Mental Health invites you to participate in our annual *Run for Recovery*. Our theme for this event is **Healthy Minds, Healthy Bodies**. This theme reflects our agency's focus on the overall health of each person and the interconnected nature of mind and body.

At St. Clair County Community Mental Health, we believe all people have the capacity to discover, recover, change, grow and develop.

In these times of economic cut-backs in public funding, there are more and more basics needs that are not being met for those individuals served by CMH. Funds raised by this event will be used meet needs that do not qualify for public funding, such as: emergency housing, dental and medical care, funeral expenses, home modifications, and adaptive equipment. Your participation will make a real difference in the lives of others.

Our thanks to all of you...now let's start warming up!

Michael McCartan  
Executive Director  
St. Clair County CMH  
*...and avid runner*



**Pledges**

Registration Fee will be waived for individuals collecting pledges totalling \$30 or more. **Collected pledges must be turned in with the registration form in order to qualify.** Donations are tax-deductible. Checks should be made payable to "SCCCMH".

<b>Sponsor's Name</b>		<b>Donation</b>
Address	City	Zip
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**2010  
HEALTHY MINDS,  
HEALTHY BODIES**

**St. Clair County Community Mental Health's  
Run for Recovery  
5K Run & 1 mile Fun Walk**

**Saturday, May 8, 2010  
9:00 a.m.**

St. Clair Co. Community Mental Health  
3111 Electric Avenue, Port Huron, MI



**St. Clair County  
Community Mental Health  
810-985-8900  
www.scccmh.org**

*Promoting Opportunities for Discovery & Recovery*

## Pre-registration

A reduced rate is offered to participants who pre-register by 5 p.m. on Friday, April 23. The registration form and entry fee must be submitted together by mail or at the SCCCMH office, 3111 Electric Avenue, Port Huron, MI 48060. No pre-registrations will be accepted by fax or email. **T-Shirts can only be guaranteed to those participants who pre-register.**

Pre-registered participants may pick up shirts and information packets on Thursday or Friday, May 6 - 7, between 8 a.m. and 5 p.m at the SCCCMH building on Electric Avenue. On Race Day, all runners, including those who have picked up their information packets, must check in between 7:30 and 8:30 a.m. to pick up their sneaker timing tag. Race Day registration tables will close promptly at 8:30 a.m. **NOTE: Timing tags will only be distributed on race day.**

Pre-registered participants who do not pick up their T-shirts in advance may pick them up the morning of the run.

**Participants who pick up race information packets May 6-7 will have their names entered in a drawing to win BEAT THE RUSH Prizes!**

## Race Day Registration

All runners and walkers should register between 7:30 - 8:30 a.m. Registration tables will close PROMPTLY at 8:30 a.m. Participants will receive and information packet and a T-shirt (T-shirts are NOT guaranteed for same-day registration.)

## Race Details

**Course:** 5K (3.1 mile) race  
1 mile Fun Walk  
(accessible course)

### Starting Times:

**5K run:** 9:00 a.m.  
**1 mile:** Begins after the start of the 5K run

All runners and walkers should report to the registration table outside the CMH building no later than 8:30 a.m. that morning. Registrations will begin at 7:30 a.m. ALL REGISTRATION WILL END PROMPTLY AT 8:30 A.M.

### Course Details

The races start and end at the new Community Mental Health building at 3111 Electric Avenue in Port Huron, Michigan. Maps will be provided in the registration packets.

### Entry Fees

#### Ages 14 & Older:

Preregistration by April 23: \$20 (\$15 without shirt)  
Late Registration: \$25 (\$20 without shirt)

#### 13 yrs. old and younger:

Preregistration by April 23: \$20 (\$5 without shirt)  
Late Registration: \$25 (\$10 without shirt)

\*Registration Fee is waived for all participants who raise at least \$30 in donations and turn them in BEFORE race day with their registration form.

NO REFUNDS WILL BE GIVEN

All checks should be made payable to: **SCCCMH**

### Awards

Awards are given to the first and second place finishers of the 5K run by gender in each of the following age groups: 13 and under, 14 - 19, 20 - 24, 25 - 29, 30 - 34, 35 - 39, 40 - 44, 45 - 49, 50 - 54, 55 - 59, 60 - 64, 65+

Awards will also go to the overall top male and female finishers in the 5K run.

Participants in the 1 mile Fun Walk are not timed.

## Registration

Please check appropriate spaces below:

5K Run - register by April 23: \$20 (\$15 w/o shirt) \_\_\_\_\_  
 5K Run - after April 23: \$25 (\$20 w/o shirt) \_\_\_\_\_  
 Fun Walk - register by April 23: \$20 (\$15 w/o shirt) \_\_\_\_\_  
 Fun Walk - after April 23: \$25 (\$15 w/o shirt) \_\_\_\_\_  
 10 and under - by April 23: NO SHIRT \$5 \_\_\_\_\_  
 10 and under - after April 23: NO SHIRT \$10 \_\_\_\_\_

Pledges Enclosed \$ \_\_\_\_\_

Additional T-shirt (\$10.00) size: \_\_\_\_\_

Total Amount Enclosed: \_\_\_\_\_

In consideration of your 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, representatives, successors, 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 these events.

Signature (or signature of guardian if under age 18) \_\_\_\_\_

<b>Name</b> _____	<b>State/Province</b> _____	<b>Zip/Postal Code</b> _____	<b>Age:</b> _____
<b>Address</b> _____	<b>E-Mail address</b> _____		
<b>Sign up for:</b> _____ 5 K Run _____ Fun Walk _____	<b>Sex:</b> _____ Male _____ Female _____		
<b>T-shirt size:</b> Adult _____ S _____ M _____ L _____ XL _____ XXL _____	<b>Date of Birth:</b> _____		
<b>Child Sizes:</b> _____ S _____ M _____ L _____	<b>Checks payable to:</b> SCCCMH		
_____ NO SHIRT - REDUCED PRICE	<b>Send to:</b> SCCCMH/Race 3111 Electric Ave. Port Huron, MI 48060		

