

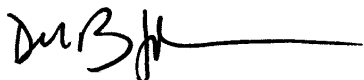
Come run, walk, and roll with us!

St. Clair County Community Mental Health (SCCCMH) invites you to participate in our 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**.

The race course is accessible and **we welcome participants of all abilities!** Strollers, adaptive equipment for mobility, and pets are welcome to join runners/walkers during the race events.

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 SCCCMMH charitable funds as well as local non-profit organizations that share our commitment to recovery and improving the health and wellness of our community.

Thank you for supporting our mission!



Debra Johnson
Chief Executive Officer
St. Clair County Community Mental Health

Run Proceeds

Proceeds from this year's event will benefit the **SCCCMMH Endowment Fund, Blue Water Recovery and Outreach Center, and NAMI of the Blue Water Area**, continuing our tradition of supporting organizations that align with our mission of enhancing health and wellness in our community.



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 SCCCMMH.

Sponsor's Name		Donation
Address	City	Zip

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HEALTHY MINDS HEALTHY BODIES

5K RUN FOR RECOVERY

1 MILE



SATURDAY MAY 10, 2025

EVENTS:

- 1-Mile Timed Kids' Run
- 2-Mile Walk
- 5K Timed Run

Race packet pick-up 5/8/25 and 5/9/25 from 8:30 a.m. - 4:00 p.m. at SCCCMMH | 3111 Electric Ave. Port Huron



**St. Clair County
Community Mental Health**
Providing Opportunities for Health, Wellness, & Connection

www.scccmh.org



Registration

- Online registration is available via our race website below or by using the right panel of this brochure.
- Registering by **Wednesday, April 16, 2025** ensures your race bag will be ready for early pick-up, and guarantees a 2025 race shirt in your selected size.
- Registrations can 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 their race bags on Thursday, May 8 or Friday, May 9, 2025 8:30 a.m. - 4:00 p.m. at SCCCMH - Main at 3111 Electric Ave., Port Huron.

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 for purchase on a first-come, first-served basis.

Questions? Please contact Bethany Murdick at (810) 966-3706 or bmurdick@scccmh.org.

Register and pay online at:
scccmh.org/runforrecovery

Registration forms & fees can be mailed to:
St. Clair County Community Mental Health
Attn: Run for Recovery
3111 Electric Avenue, Port Huron, MI 48060

Checks should be made payable to: SCCCMH

Please note: we are unable to provide refunds.

Race Details

Race Options & Start Times

- 8:30 a.m. 1-Mile Timed Kids' Run (12 and under)
- 9:00 a.m. 2-Mile Walk (Not Timed)
- 9:00 a.m. 5K Timed Run

Course Details

All events start and end on Cleveland Avenue, in Port Huron (west of the SCCCMH building). Course maps are available online and day of event.

Parking

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

Awards

Awards will be given to the top three (3) finishers in each age group for the **5K Timed Run** and **1-Mile Timed Kids' Run**.

Age Groups:

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 will also be given to:

- Overall top male and female finishers in the 1-Mile Timed Kids' Run.
- Overall top male and female finishers **under 18** in the 5K.
- Overall top male and female finishers **over 18** in the 5K.



Four-legged friends are welcome!



2025 Registration Form

Name: _____

Street Address: _____

City: _____ State: ____ Zip: _____

Telephone: _____

E-Mail: _____

Gender: Male Female

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

Select Event (check only one race option box)

- 1-Mile Timed Kids' Run (12 & under)
- 2-Mile Walk
- 5K Timed Run

Registration Fee

- By **April 16, 2025**
\$30 with shirt
- 18 & under by April 16, 2025**
\$15 with shirt
- April 17, 2025 or later**
\$30 no shirt guaranteed
- 18 & under April 17, 2025 or later**
\$15 no shirt guaranteed

Sport-Tech long-sleeve moisture wicking shirt

**additional \$2 charge for 2XL and \$3 for 3XL*

Adult (unisex) Shirt: S M L XL 2XL* 3XL*

Women's Shirt: S M L XL 2XL* 3XL*

Child's Shirt: S M L

No Shirt:

Amount 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.

Signature: _____
Signature (or signature of guardian if under age 18)

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