

# 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 Proceeds benefit **SCCCMMH Endowment Fund, SCCCMMH Lifeline Fund, SCCCMMH Caring for Kids Fund, SCCCMMH Employee Emergency Fund, Blue Water Recovery and Outreach Center, and NAMI Blue Water Area**, continuing our tradition of supporting organizations that align with our mission of enhancing health and wellness in our community.

## Pledges

The registration fee will be waived for people collecting pledges totaling \$50 or more. **Collected pledges must be submitted with the registration form to qualify.** Donations may be tax-deductible. Checks should be made payable to SCCCMMH.

Sponsor Name	Donation
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HEALTHY MINDS HEALTHY BODIES

# 5K RUN FOR RECOVERY

1 MILE



# SATURDAY

# MAY 9, 2026

## EVENTS:

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

Race packet pick-up 5/7/26 and 5/8/26 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](http://www.scccmh.org)  
   

# Registration

- Online registration is available via our race website, located below, or by using the right panel of this brochure.
- Registering by **Friday, April 17, 2026** 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 7, or Friday, May 8, 2026, 8:30 a.m. - 4:00 p.m. at SCCCMH - Main at 3111 Electric Ave., Port Huron.

## Pledges

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

**Questions? Please contact Alyssa Birkett at (810) 966-7866 or [abirkett@scccmh.org](mailto:abirkett@scccmh.org).**

**Register and pay online at:**  
[scccmh.org/runforrecovery](http://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 on the day of the 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.

  
**Participants of ALL skill levels are invited to attend. Strollers, adaptive mobility equipment, and well-behaved, leashed pets are welcome on the race course!**

# 2026 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 17, 2026**  
\$30 with shirt

☐ **18 & under by April 17, 2026**  
\$15 with shirt

☐ **April 18, 2026 or later**  
\$30 no shirt guaranteed

☐ **18 & under April 17, 2026 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 XL

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)