

# 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 SCCC MH 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 **SCCC MH Endowment Fund, SCCC MH Lifeline Fund, SCCC MH Caring for Kids Fund, SCCC MH 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 SCCC MH.

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HEALTHY MINDS HEALTHY BODIES

# 5K RUN FOR RECOVERY



# 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 SCCC MH | 3111 Electric Ave. Port Huron

# 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 SCCC MH - 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: SCCC MH

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 SCCC MH building). Course maps are available online and on the day of the event.

### Parking

Parking is available in the front lot of the SCCC MH 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)