On your mark...  
Get set... GO!

St. Clair County Community Mental Health invites you to participate in our 12th 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.

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”.

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Healthy Minds, Healthy Bodies Run For Recovery is a proud member of the Blue Water Race Series.

Healthy Minds Healthy Bodies Run for Recovery  
Saturday May 9, 2020  
The second run in the Blue Water Race Series
**Registration**

Online registration is available via our race website: https://bwrs.enmotive.com/

Registering by 5:00 p.m. on Friday, April 10, 2020 gives runners and walkers a discount on the registration fee, ensures your race bag will be ready for early pick-up, and guarantees a 2020 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 7 and Friday, May 8, 2020 from 8:30 a.m. - 5:00 p.m. at the SCCCMH Port Huron office. Participants who pick up their packets on May 7 or 8 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.

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**2020 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 10, 2020
□ 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 10, 2020
□ 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

Virtual Run
□ I will participate in the above selected event virtually. I understand my time will not count toward the final standings in the Run for Recovery or the Blue Water Race Series.

Tees:
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.

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.