

1430 Military St., Suite A
Port Huron, MI 48060

Blue Water Hospice



**25th
Silver Anniversary
River Run/Walk
5K-10K Run
& 3 Mile Walk**



**Saturday
June 5, 2010
Marysville Park
8:00 am**

Non-Profit
Organization
U.S. POSTAGE
PAID
Port Huron, MI 48060
Permit No. 999



**Enjoy a morning at
Marysville Park along
the St. Clair River**

Blue Water Hospice is featuring their 25th season hosting a 5K (3.1 mile) and 10K (6.2 mile) competitive run and a 3 mile walk. The start time remains at 8:00 am sharp. The course is marked and volunteers will be wearing orange safety vests. The course will take runners briefly through Marysville Park and onto paved roads along the beautiful St. Clair River. The race starts and finishes at the park in front of the Volleyball Court. You can look forward to refreshments being served after the race.

Blue Water Hospice has provided care and comfort to individuals during the final stage of their lives for over 25 years. Hospice supports the family during this difficult period and for 13 months after the loss of their loved one. Blue Water Hospice continues to be committed to caring for terminally ill patients and their families.

One hundred percent of the financial assistance Blue Water Hospice receives from your support of the River Run/Walk will go to our Hospice Home. This home will enhance our ability to provide supplemental care to patients in need of 24 hour care. It assures that Blue Water Hospice's "Special Kind of Caring" will continue to be available to anyone in need regardless of their ability to pay.

A special kind of caring



Pre-Registration

Pre-registration fee is \$20 for runners and walkers. Pre-register by Tuesday, June 1st, 5:00 pm and receive \$5 off the registration fee of \$25.00. Registration form and entry fee must be submitted together by mail or at the VNA/BWH office, 1430 Military, Suite A, Port Huron (between Chestnut and White, next to the Hock Shop). Phone registrations will be accepted with Visa, Master Card and Discover (810-982-8809). No pre-registrations will be accepted via fax.

Pre-registered participants can pick up their informational package between Thursday, June 3rd 9:00 am and Friday, June 4th 2:00 pm at VNA/BWH office. On Registration Day those who have not picked up their informational package are to check-in between 6:45 am and 7:30 am.

Race day registration tables will close promptly at 7:30 am.

Pre-registered participants will receive a T-shirt and be entered into a drawing for prizes. Prizes will be available on race day.

Race Day Registration

Race Day Registration is \$25 for each participant. All runners and walkers must register between 6:45 am and 7:30 am. **Registration tables will close promptly at 7:30 am.** Each participant will receive a T-shirt.

Registration form is now available on our web site at vnabwh.com or at speedyraces.net.

Pledges



Registration Fee will be waived by collecting pledges totaling \$75 or more. All donations are tax-deductible.



Starting Time

Race starts **PROMPTLY** at 8:00 am, there will be *no* waiting for late entries. Walkers will start 5 minutes after the runners.

Register by June 1, 2010 and Save \$5 on registration fee

Race Results

All runners will receive race results via U.S. mail. In addition to individual results being mailed, results will be posted on speedyraces.net web site.



Awards

Awards are given by age groups for the first, second and third place finishers of the 5K and 10K races by gender in each of the following groups:

10K Run age groups: 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+.

5K Run 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, 65-69, 70+

Awards will also go to the overall finishers in the 5K, 10K, and 3 Mile Walk for male and female.

No one under 14 may participate in the 10K.

No pets allowed on course route.

Information

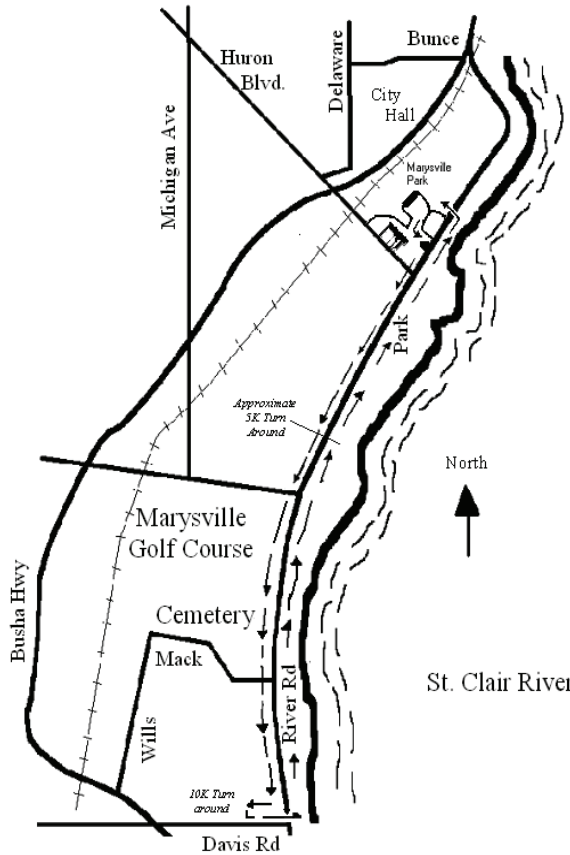
Call (810) 982-8809, Monday through Friday from 8:00 am to 5:00 pm for additional information.



A Mash Tent will be available to all participants on Race Day

Directions to Marysville Park

Take I-94 to Marysville/Gratiot Rd. Exit and turn East. Pass Range Road to Huron Blvd. Make a right turn onto Huron and pass Busha Hwy. Go over the train tracks and use next two roads on left to turn into Marysville Park. Run will be set up between volleyball nets and baseball diamonds. *Additional parking available at Chrysler parking lot on the south side of the park. Please allow sufficient time for parking.*



Course Map

The Start and Finish of race is located by the volleyball nets on the "u shape" road coming in and going out of park. This road is part of the course; do not park here. Your car will be trapped here during the entire event.

Pledge Sheet

Registration Fee will be waived by collecting pledges totaling \$75 or more. Pledges must be submitted by or on race day. Donations are tax-deductible.

Sponsor's Name _____ Donation _____

Address _____ City _____ Zip _____

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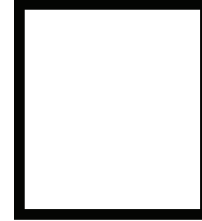
Sponsor's Name _____ Donation _____

Address _____ City _____ Zip _____

Pledge Payment:

Pledge Grand Total \$ _____

Registration



Payment:

- Register by June 1, 2010 \$20.00 _____
- Register after June 1, 2010 \$25.00 _____
- Pledges enclosed _____
- Additional T-shirt # _____ x \$10.00 _____

Total Enclosed _____

Name _____

Address _____

City _____ State or Province _____ Zip Code _____

Telephone _____
 Sign up for: 5K Run 10K Run 3 Mile Walk

Sex: Male Female

Age on Race Day: _____

NO ONE UNDER 14 MAY PARTICIPATE IN THE 10K

T-shirt Size (check one):

- S M L XL XXL

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, representatives, successors, and assigns of any and all injuries suffered by me at said run, or which may arise out of traveling to, participating in and returning from this event.

Make checks payable to:
 Blue Water Hospice
Mail to:
 1430 Military St., Suite A
 Port Huron, MI 48060

Signature (or signature of guardian if under 18) _____