

EARLY BIRD BY APRIL 2nd \$25.00 _____
 YOUTH (UNDER 13) \$20.00 _____
 REGULAR (APRIL 3rd-MAY 17th) \$30.00 _____
 YOUTH (UNDER 13) \$25.00 _____
 LATE (MAY 18th AND LATER) \$40.00 _____
 YOUTH (UNDER 13) \$30.00 _____
 1 MILE FUN RUN \$15.00 _____

SHIRT NOT GUARANTEED WITH LATE REGISTRATION

PLEDGES INCLUDED _____

TOTAL ENCLOSED _____

T-SHIRT SIZE (check one) YOUTH SIZE (check one)

S M L XL XXL S M L XL

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.

Signature (or signature of guardian if under 18)

NAME _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP CODE _____
 TELEPHONE _____

E-MAIL ADDRESS _____

SIGN UP FOR:

1 MILE FUN RUN 5K RUN
 3 MILE WALK 10K RUN
 MALE FEMALE

SEX:

AGE ON RACE DAY: _____

NO ONE UNDER 9 MAY PARTICIPATE IN THE 10K



Join us for our
 Annual River
 Run!
 Saturday
 June 3, 2023
 at Marysville
 City Park!



Visiting Nurse Association
 & Blue Water Hospice

Preferred Provider Since 1952

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 ORGANIZATION
 U.S. POSTAGE
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 48060
 PERMIT NO. 989

Port Huron • Michigan 48060

3403 Lapeer Rd • Suite B101

Visiting Nurse Association
 & Blue Water Hospice



2023 River Run Race Details

The **START** and **FINISH** of the race are located at **Marysville City Park**, 801 East Huron Boulevard, Marysville, MI 48040.

DIRECTIONS:

Take I-94 to Marysville/Gratiot Road Exit and turn East on Huron Boulevard. Follow Huron Boulevard for 1 mile to Marysville City Park. Use the Huron Boulevard entrance.

START TIME

The Fun Run will start PROMPTLY AT 7:45AM, the 5K & 10K will start PROMPTLY AT 8:15AM, and the 3-Mile Fun Walk will start PROMPTLY AT 8:20AM.

RACE RULES

- No one under 9 years of age will be allowed to run in the 10K.
- No pets are allowed on the race course.
- Jogging strollers are allowed on the race course, but must start behind all other participants.
- We will be unable to delay the start of the race for late entries.

RACE DAY REGISTRATION

Race day registration is \$40 and will be available between 6:30 AM and 7:30AM. Race day registration will end promptly at 7:30 AM.

RACE RESULTS

Race results will be posted online at: vnabwh.org & runsignup.com

PRE-REGISTRATION

1-MILE FUN RUN: \$15

EARLY BIRD (BY APRIL 2nd)

Adult: \$25 (under 13-\$20)

REGULAR (APRIL 3rd-MAY 17th)

Adult: \$30 (under 13-\$25)

LATE (MAY 18th AND LATER)

Adult: \$40 (under 13-\$30)

(Shirt not guaranteed with late registration)

PAYMENT

PAY ONLINE

Online registration available at www.runsignup.com.

PAY BY MAIL

Please include your completed registration form and entry fee. Please make check payable to VNA & BWH, mail to:

Visiting Nurse Association &
Blue Water Hospice
3403 Lapeer Road, Suite B101
Port Huron, MI 48060

PAY BY PHONE

Registration and entry fees are accepted over the phone.

We accept Visa, MasterCard and Discover. Please contact the billing department by phone at 810.984.4131.

PLEDGES

All participants have the option to have their registration fee waived by collecting \$75 or more in pledges. If you would like to collect pledges, please contact Jeannie at 810-388-6054 to request a pledge sheet.

RACE PACKET PICK-UP

Pre-registered participants can pick up their race information packets on Friday June 2, 2022 between 10:00 AM and 4:00 PM at VNA & BWH, located at 3403 Lapeer Road, Suite B101 Port Huron, MI 48060, phone 810.984.4131. Pre-registered participants may also pick up their race information packets on race day between 6:30 AM and 7:30 AM. Race packets must be picked up in order to participate in the event.

AWARDS are given by age groups for the first, second, and third place male and female finishers of the 5K and 10K races in the following groups:

5K RUN: 8 & Under, 9-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

10K RUN: 9-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

OVERALL WINNERS: Awards will be given to the male and female first place finishers (best overall time) in the 5K and 10K run.

MASTERS WINNERS: Awards will be given to the male and female first place finishers (best overall time, age 40 & above) in the 5K and 10K

CONTACT INFORMATION

If you have any questions or would like more information about the 2023 VNA & BWH River Run, please visit our website at www.vnabwh.org. Also, you can contact our office at 810.984.4131 or email at jeannie.westbrook@vnabwh.org