



Behavioral Health Center at EIRMC Presents

TAKING STRIDES TO PREVENT SUICIDE 2018



5K Run/Walk and 1 Mile Walk

July 28th

at Freeman Park

All skill levels and ages welcome. Strollers, too!

Registration:

\$25 (Run); \$20 (Walk); \$10 (Teens & Kids)
\$80 (Team of Four)

Prizes awarded to the top two in each class

8:00-8:30am: Registration and packet

9:00 am: Start time for Run

9:05 am: Start time for Walk

Proceeds benefit community and school suicide prevention and awareness efforts and materials and support groups for survivors.

Stay after the event for more fun!

Enjoy bread from Great Harvest Bread
and pancakes served after the run/walk.



Behavioral Health Center
at EIRMC
Compassion • Safety • Excellence



BAKERY CAFE
Bread. The way it ought to be.




Other Important Details:

- Registration form on backside of this flier.
- T-shirts guaranteed only if you register before July 17th (Unisex sizes Adult S-XXL and Youth S-M).
- Support the cause, even if you can't attend the Walk. Raffle tickets sold before and at the event (need not be present to win). Contact Bonny (number below).
- Event music provided by Ches' Amy Street.



For more information, contact Bonny at 208-589-3149



EIRMC Presents the 4th Annual SPAN Awareness 5k Run/Walk and 1 Mile Walk

Hosted by Eastern Idaho Region 7



July 28th, 9:00 a.m., Freeman Park

\$25/Person (Run); \$20/person (Walk); \$80/Team or Family (up to 4)
Make checks payable to SPAN Idaho

T-shirt guaranteed if registered before July 17th Packet pick-up at 8am-8:30 am on event day.

Participant: _____ Age: _____ M / F

T-Shirt Size: _____ Team or Family Name (if registered as a team): _____

Mailing Address: _____

City _____ State: _____ Zip: _____

E-mail: _____ Phone: _____

Three ways to register:

- Mail this form to: 131 North 4300 East Rigby, ID 83442
- Deliver to EIRMC Education at 2860 Channing Way, Idaho Falls (west of ER). Note this office is open M-F during normal business hours. This is not a mailing address.
- Call (208)-529-6711 during normal business hours.

Waiver: I understand that running/walking is a potentially hazardous activity. I should not enter and run/walk unless I am physically able and properly trained. I agree to abide by and decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking this event included but not limited to falls, contact with other participants, effects of weather, and conditions of the race course. I am aware of all such risks and accept them. I have read and understand this waiver and knowing these facts and in consideration of your accepting my entry, I (for myself and anyone entitled to act on my behalf) waive and release the sponsors from all claims or liabilities of any kind arising from my participation in this event. I have read and agree to the above waiver as a condition of entry into the 2018 SPAN Awareness 5k Run/Walk.

Participant Signature (*parent or guardian must sign for participants under age 18*)

Questions or Want to Donate? Bonny Jennings at bonnyj@cheerful.com or (208)589-3149