



*Our mission is to provide comfort,
compassion, and support during life's
final journey.*

***If your organization is interested
in helping sponsor
this great event, please
contact Melissa Zeiger at:***

419-625-5269

or

mzeiger@steinhospice.org

Stein Hospice Regatta 5K Run



**Saturday
July 4, 2009
Shoreline Park
Sandusky, Ohio**

**All Proceeds Benefiting
Stein Hospice
Children's Bereavement Programs**

Stein Hospice Regatta Run 5K

Date

Saturday, July 4th 2009

Time

Registration begins at 7:30—8:15 am
Race Start 8:30 am

Place

Participants will be running the Cardiac Kilometer course, beginning and ending at Shoreline Park on Water Street in Sandusky, Ohio.

Edible Treats

Bagels and fruit will be provided

About the Regatta 5K Run

This 3rd annual Stein Hospice event will benefit the Children's Bereavement Programs but more specifically, Camp GOOD Grief 2010.

Trophies / Prizes Awarded To:

Top Overall Male & Female Running Participants
Top Overall Male & Female Walking Participants
Age group awards (13 and under, 14-22, 23-29, 30-34, 35-39, 40-44, 45-49, 50-59, and 60+)

Runners / Walkers Receive:

- T-Shirt available for pick-up on race day for participants registered by June 26th. A limited number of extra t-shirts will also be available while supplies last.
- Great Goodie Bags

The Stein Hospice Children's Bereavement Program

Grief is a universal emotion, one that can overwhelm children as well as adults. When a child loses a loved one, there are many feelings that may need to be processed – feelings of sorrow, loneliness, and even anger. To help youth understand and work through their grief, Stein Hospice offers support groups that are developmentally appropriate and have a specialty focus on children who have loved ones in the military; children and adolescents who have been separated from their parent(s) permanently or temporarily through separation, divorce, or parental incarceration; and children and adolescents who have lost a loved one through death. These groups are educational and supportive, teaching children healthy ways to cope with the feelings and emotions associated with these life transitions.

All of our youth groups coincide with the academic calendar, which gives us the opportunity to host Camp Good Grief, a week long day camp for children ages 5 – 13, who have experienced any type of loss. This year, we have expanded our "Camp Good Grief" offering to include two locations within our service area, Erie / Huron and Ottawa / Sandusky / Seneca counties.

In addition to the support groups and Camp Good Grief, Stein Hospice also offers assessments, individual grief counseling, family grief counseling, school crisis response, crisis intervention related to grief issues, critical incident stress debriefing, community outreach and education, memorial services and holiday programming.

All of these bereavement services are free of charge to anyone in the community and prior affiliation with Stein Hospice is not a prerequisite. The funds raised from this event will help defer the costs associated with providing these bereavement services, while we press forward in our commitment to care for the growing number of children in our community who are touched by loss.

**For more information about this and other programs, contact Stein Hospice at:
419-625-5269 or steinhospice@steinhospice.org**

Regatta 5K Run Registration

\$15 registration fee. \$18 day of the race. Send form and payment to:

**Regatta 5K Run
Stein Hospice
1200 Sycamore Line
Sandusky, Oh 44870**

Checks payable to Stein Hospice Children's Bereavement Programs

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-Mail _____

Age _____ Gender _____

Run Walk Team _____

Matching Gift (company) _____

Adult S _____ M _____ L _____ XL _____

Child S _____ M _____ L _____ XL _____

Register by June 26, 2009 to be guaranteed a t-shirt. A limited number of t-shirts will be available while supplies last.

I cannot participate in the Run, but would like to support Stein Hospice Children's Bereavement Programs: \$ _____

I'm participating in honor / memory of _____

Waiver: In signing this waiver for myself or for the entrant (when under age 18) I understand the intent of this release and agree to absolve all of the sponsors, organizers, and associated entities, be they individuals or organizations, singly and collectively, of all blame for any injury, misadventure, harm, loss or inconvenience suffered as a result of taking part in the Regatta 5k Run or in any connection with an activity associated with the said Regatta 5k Run, and will allow publication of any photos or quotes acquired during the run.

X _____
Signature of participant

X _____
Signature of parent or guardian if participant is under 18

Detach and mail in completed registration form