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RUN AND RIDE TO REMEMBER, May 28

5K race and leisure bike ride returns in-person to remember and honor our loved ones.

[May 10, 2022, Muskegon] – Ready to get outside to run, jog, walk or bike - and support a great cause?

Join Harbor Hospice staff, volunteers, and event sponsors for a beautiful run, jog, walk, or bike ride from Fruitport, Michigan while supporting the Leila and Cyrus Poppen Hospice Residence.

“The Harbor Hospice Foundation Run and Ride to Remember is a great way to kick off the summer season! We are grateful for our community partners; Fruitport Lions Club, Fruitport Chiropractic and X-Cell Integrative Health for hosting this annual event and to the participants that help raise money for the Harbor Hospice Leila & Cyrus Poppen Hospice Residence,” said Ammy Seymour, Director of Development.

Runners, walkers, joggers and bikers of all ages are welcome! Registration is online only. All proceeds from registration and crowdfunding to benefit the Leila & Cyrus Poppen Hospice Residence in Fruitport Township, a program of Harbor Hospice. Its 14 private patient rooms have served as a welcoming home with compassionate and skilled care for over 3,500 terminally ill patients since it opened in 2005. Since 2006, the Fruitport and surround communities have supported the charity events with almost \$19,000 in proceeds benefiting the inpatient hospice residence.

To register and/or crowdfund visit: HarborHospiceMI.org/RunRideRemember All 5K participants receive a pair of limited-edition shoelaces, and medals and trophies for top finishers. All bike ride participants will receive a ticket for a free ox dinner at Fruitport Old Fashioned Days.

5K out and back course will take you through the rolling hills of Fruitport. The leisure bike ride route will take you 15 miles around beautiful Spring Lake. Registered virtual 5K participants will receive an email with instructions for timed and additional tracked race app for mobile phone. Participants have from May 21 until 10:00 am, May 28 to complete their race to qualify for top finisher. Registered bike riders will receive a downloadable route map prior to May 21.

For more information, please call 231.728.3442 or visit HarborHospiceMI.org/RunRideRemember