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VIRTUAL RUN AND RIDE TO REMEMBER, May 22-29 5K race and leisure bike ride to remember and honor our loved ones.

April 27, 2021, West Michigan – Ready to get outside to run, jog, walk or bike - and support a great cause?

Virtually come together and 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 3,000 terminally ill patients since it opened in 2005. Since 2006, the Fruitport and surround communities have supported the charity events with almost \$17,500 in proceeds benefiting the inpatient hospice residence.

To register and/or crowdfund visit: HarborHospiceMI.org/RunRideRemember Participates registered by May 17 will receive a 2021 commemorative t-shirt with pick-up time emailed.

5K out and back course will take you through the rolling hills of Fruitport with medals for all participates and trophies for top finishers. 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. Participates have from May 22 until 11:59 pm, May 29 to complete their race to qualify for top finisher. Registered bike riders will receive a downloadable route map.