



McHenry County Human Race - 2019

Be a hero and join the Dynamic Dems for Justice in the McHenry County Human Race!

The McHenry County Human Race is a 5K run, walk, stroller ride, or couch potato event to benefit local charities, kicking off from MCC. In addition to the race, there is an expo with a DJ, food, photos, local vendors, and info about our great local non-profits. A portion of the registration fees go to support a non-profit of our choice...and we have chosen **Independence Health & Therapy (IHT)**. (To find out more about this great organization, see below.)

The **first 50 Dems** to sign up and **support IHT BEFORE APRIL 14** will receive a **free Dem T-Shirt in your size** with our logo to wear with pride!

The details:

- Date: Sunday, April 28, 2019
- Team Name: **Dynamic Dems for Justice**
- Entry fee: \$38 (includes processing fee) through March 31 (price goes up on April 1)
- Race takes place on MCC property on concrete and asphalt, rain or shine
- Parking: Enter MCC property and signs will direct you
- Race Day Schedule:
 - 6:45 am – Registration and Bib pickup
 - 7:45 am – Pre-race Stretching
 - 7:55 am – Opening Ceremony
 - 8:00 am – Race Begins (and ends at 9:30)
- When you arrive, 1) go inside, register and pick up your bib and Human Race shirt and 2) go out to the lobby **where the Dynamic Dems for Justice table will be to the left of the lobby door**. Pick up your very special **Justice** T-shirt and find us...we will be gathering for photos before 7:45 and pre-race stretching. **The photo is everything, so please wear your Dems shirt and smile!**

Go to <https://runsignup.com/Race/IL/CrystalLake/McHenryCountyHumanRace> to sign up.

- Choose the type of race you want to join and click on **Sign Up**
- Enter your info, pick your own password, and at the bottom choose **YES for Would you like to join a Group/Team?**
- On next screen pick **Join an Existing Group/Team**
- Select **Dynamic Dems for Justice** in the dropdown (enter **mchenrydems** as the password)
- Next screen choose **INDEPENDENCE HEALTH & THERAPY (Family Alliance and Adult & Child Rehab)** as your charity (if you would like a Dems T-shirt)
- You know the rest...but if you have any questions call our dynamic leader Pat Lawlor at 815-715-0592 or McHenry County Volunteer Center 815-344-4483.

About Independence Health & Therapy... They are a new combining of Adult & Child Therapy Services and Family Alliance, both long-time excellent organizations in McHenry County. They have 3 locations, Huntley near Sun City and 2 in Woodstock. Among the valuable services they provide are adult day care, therapy, and child therapy for families in need.