

RUN FOR YOUR LIFE! 5K RACE PACKET

Title
sponsors:



WHAT DOES SHELTERCARE DO?

ShelterCare provides compassionate housing and behavioral health services for individuals and families wanting a safe and stable home in our community.

In 2021-2022, we helped 1,813 people in Lane County move forward on their journey toward housing stability and independence.



Housing Services for Families -



Permanent Supported Housing -



Short-Term Housing -



Behavioral Health Services -

Helping families avoid homelessness or getting them rehoused as quickly as possible.

Low or no-barrier housing for individuals who have been chronically homeless and are medically fragile or are living with a mental illness.

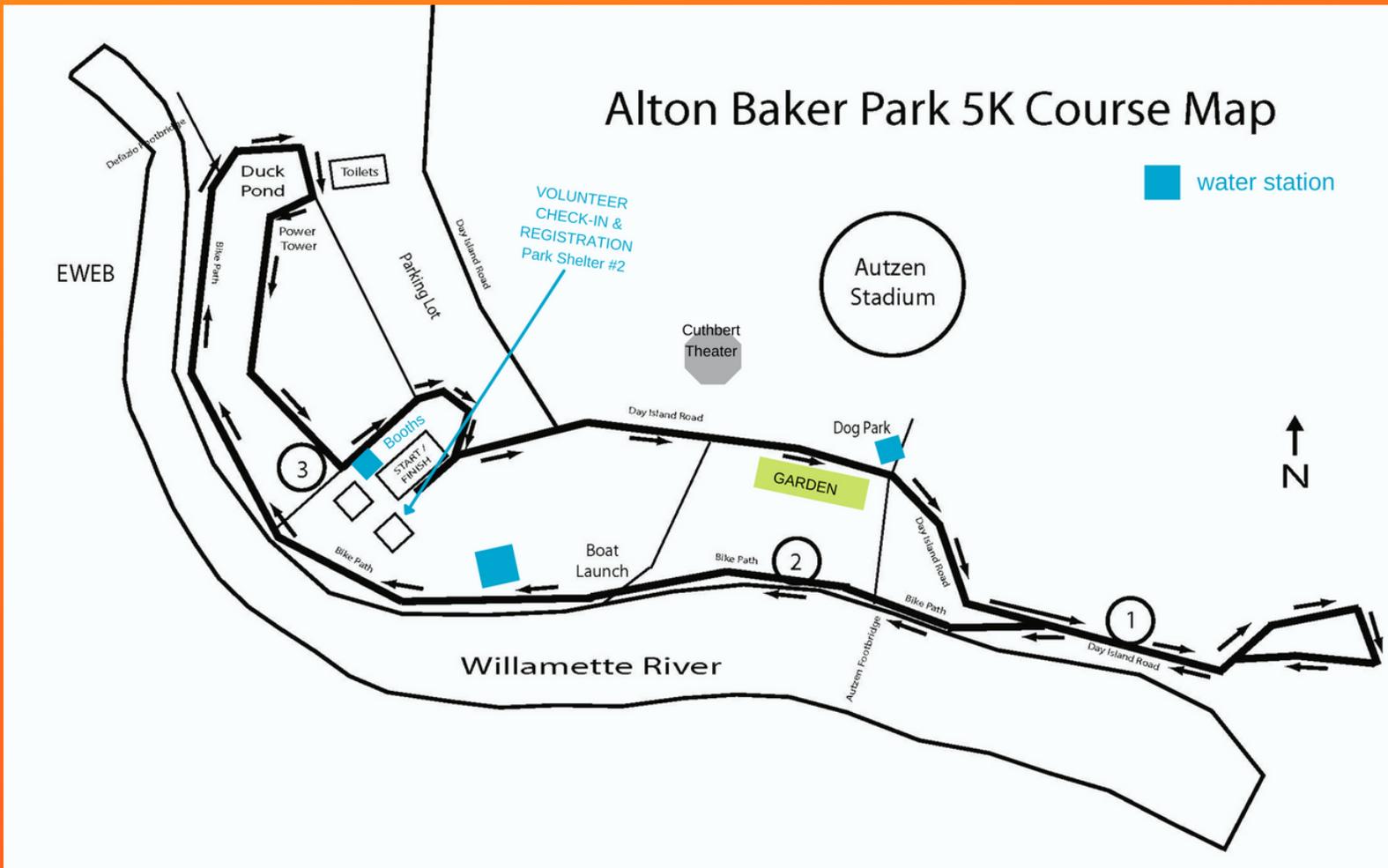
Includes The Commons on MLK - a project to house and support people in our community that have been homeless the longest with 51 units - and The Keystone (opened Sept. 2021) - a 15 unit development to provide Permanent Supportive Housing to chronically homeless families.

Support and shelter for 3 months to 2 years for adults who are medically fragile, chronically homeless, or frequent users of hospitals and criminal justice systems.

Includes ShelterCare Medical Recuperation (SMR) which is a 19-bed facility that provides safe, emergency shelter for people who are homeless and recently have been discharged from the hospital after an acute medical episode, yet still require limited care.

Mental health supports to individuals diagnosed with a mental health condition, and those coping with traumatic stress related to homelessness.

DAY-OF INSTRUCTIONS



Packet pick-up and t-shirts beginning at 2pm

Go online after you run for your race time

Race begins at 3pm-
staggered start times

Visit our vendors!

RULES:

Don't touch the zombies,
they won't touch you

No dogs allowed

Follow the arrows

Share photos with
#runforyourlife5k





OCT 8 - ALTON BAKER PARK

RUN FOR YOUR LIFE!!

COVID-19 Race information!

- At registration, runners will submit their average pace mile.
- Our partners Eclectic Edge will assign bib numbers according to pace mile.
- Start times for the 5k will be staggered with faster runners starting sooner- this will prevent runners passing each other on the course.
- Runners are encouraged to give space when passing on the course.
- Zombies will maintain 6 feet from runners.
- Volunteers at the Water Station will be masked and wearing gloves.
- If you are feeling ill, or exhibiting symptoms of COVID-19, we kindly ask that you stay home from the run.
- ShelterCare will be following Lane County's outdoor gathering policies.

WHERE DO I PARK?



Run for Your Life 5k!

Parking at the race start will be limited!

More parking at: Eugene Science Center, EWEB, and Autzen Stadium

**2300 Leo Harris Pkwy, 500 E 4th Ave,
2700 Martin Luther King Jr Blvd**

Rainbow Valley: Where homes come in all shapes and sizes. (But never haunted.)

Whether it's the Tudor on the hill or the tiny home in Emerald Villages, we believe everyone deserves a roof over their head. That's why we are proud to sponsor ShelterCare's "Run for Your Life!!" and help support the vitally important work they do in our community. Now, more than ever.

To learn more about Rainbow Valley or the Emerald Villages Eugene project go to rainbowvalleyinc.com.

541.342.4871



A close-up photograph of two people's hands clasped together. The person on the left is wearing a grey long-sleeved shirt, and the person on the right is wearing a mustard yellow long-sleeved shirt. The background is blurred, showing an outdoor setting with a white tent and other people.

Trillium is proud to collaborate with ShelterCare and PeaceHealth on the **Medical Recuperation Program.**

Partnering to provide housing during recovery

- Together we help unhoused members who need stable housing while recovering from surgery, serious illness or injury.
- We also connect members to permanent housing options and other social supports.

Proud sponsor of ShelterCare's Run for Your Life 5K Fundraiser

TrilliumOHP.com

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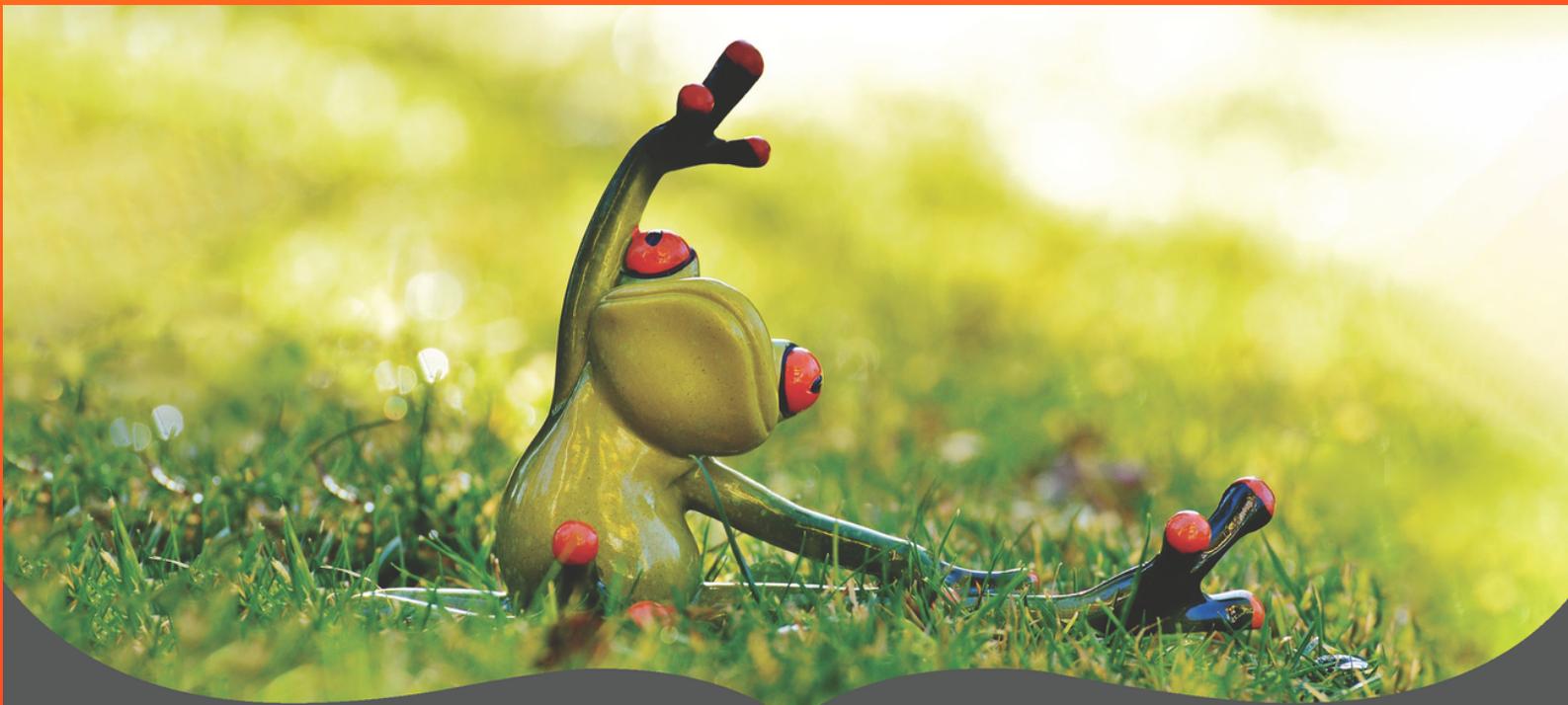
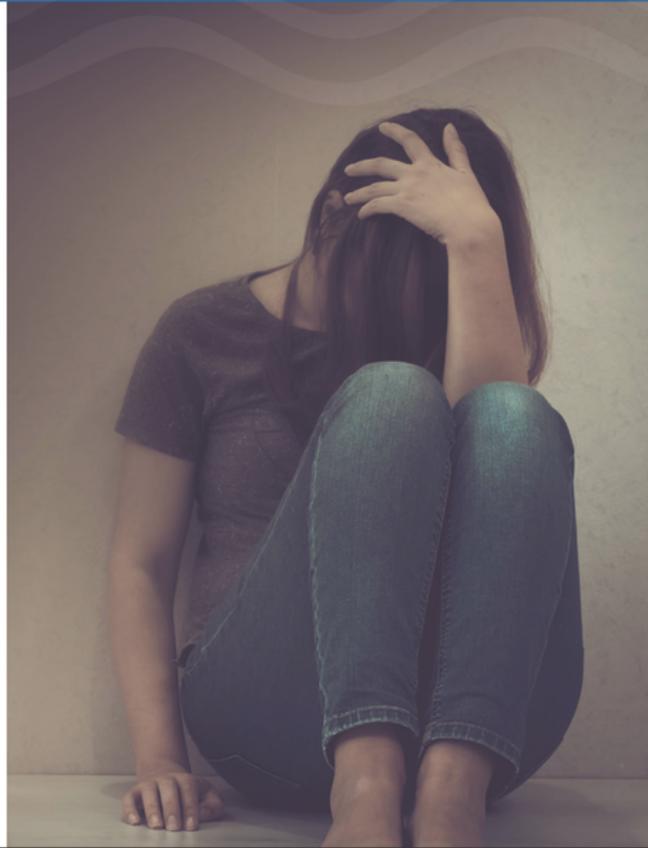
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Human service. Not automated phone trees.
Just another way PacificSource goes beyond what's required to put members first.



THANK YOU!

Scan to make a donation to ShelterCare:



THRILL THE WORLD EUGENE



TTWE is a group of 300+ zombie dancers who have been fundraising for ShelterCare since 2012. Save the date: Oct. 29th is the International Thrill the World Dance - a worldwide simultaneous dance to Michael Jackson's Thriller!

Sponsor a ShelterCare Family this Holiday Season!



ShelterCare
Hope is here.



Sign up at:
sheltercare.org/holiday-giving