



SUNSET HOUSE 18th 5K Run and Fitness Walk “Virtual Event”

October 7th – October 17th, 2020

In response to the COVID-19 pandemic the 18th Annual Sunset House 5K Run and Fitness Walk event is going *virtual* this year! This means participants can run and walk anywhere and anytime. All proceeds from the event go to Sunset House which provides alternative living arrangements for residents who are unable to receive hospice care services in their own homes. Sunset House is a non-profit organization that relies on volunteerism, fundraising and memorial contributions.

From Wednesday, October 7th, to Saturday, October 17th, sports enthusiasts are invited to participate in our ***inaugural Sunset House 5K Run and Fitness Walk “Virtual Event”*** by taking a walk around the block or completing a 5K on the streets, trails or treadmill. No matter how you participate, know you are supporting hospice care by putting your best foot forward for a great organization!

As one of our community’s most popular and seasoned fundraising event of the year and, during these uncertain times, it is more crucial than ever that we meet our fundraising goal of \$15,000 to ensure that Sunset House Hospice continues to provide dignified comfort care in a home like setting for those in the final stages of life.

Event Information

You have from 12:01 a.m. on Wednesday, October 7th, to 11:59 p.m. on Saturday, October 17th, to complete a 5K Run or Walk on the streets, trails or treadmill. Run, walk, or hike, with friends or solo —it doesn’t matter. When done, share your results with us to prove you’ve completed the event! All ***finishers*** will receive a race t-shirt and a commemorative awareness ribbon.

Registration is \$25 for each event (choose 5K Run, or Fitness Walk) until October 4th and after that increases to \$30. We will be ordering t-shirts post event to eliminate any costs. Packet pick up will be held post event at the Sunset House, 3746 St. Paul Blvd., Rochester, NY the week of October 26th. Times will be posted on the website.

Everyone registering for this event will be entered into a drawing to win one of the following:

- \$50 GC to Union Tavern
- \$50 GC to Walmart
- \$50 GC to Hudson/Titus Service Station
- Canvas Tote Bag

To Register online go to www.RunSignUp.com/sunsethouse5K. Paper registration forms are also available. See registration link below.

Throughout the journey, you are encouraged to engage with Sunset House on the 5K Facebook event page sharing photos and videos of your training sessions and participation in the virtual event. All runners and participants are welcome!! Even Fido is invited to participate virtually as well.

Why is your participation so important?

By supporting the Sunset House you are helping those in the final stages of life maintain the dignity they so deserve. All funds raised through the Sunset House 5K Run and Fitness Walk event directly impact the people in our community by:

Providing the strength, courage and grace our residents deserve as they face their final journey

Offering a home-like setting to family members and friends as we assure them that their loved ones are treated as guests in our home and not as a patient

Allowing them to maintain control during an important time of transition

For More Information & To Register Online:

Visit: www.RunSignUp.com/sunsethouse5K or www.sunsethouse.info

Race Director: Patti Carter-Morrison

Email: patti22@frontiernet.net or 585-224-6366