

2020 PRESENTING SPONSOR



8:00 A.M. MAY 15TH TO 7:00 P.M. MAY 17TH

REGISTRATION NOW OPEN!
ALL RUNNING/WALKING LEVELS WELCOME!
\$25
REGISTRATION FOR EITHER DISTANCE
REGISTER ONLINE BY VISITING
MACKINACSTRAITHEALTH.ORG/EVENTS

Post your results on the event Facebook page "Virtual St. Ignace Rock & Run" and your own social media profiles using #stignacerocknrun
PARTICIPANTS EACH RECEIVE A COMMEMORATIVE TECH-SHIRT AND FINISHER'S MEDAL!

Let us know what TUNES you used to rock your walk or run!

Participate from ANY LOCATION!
Your backyard, a nearby trail, on a treadmill, or even from another state! PLEASE PRACTICE SOCIAL DISTANCING REGARDLESS OF LOCATION!

ALL PROCEEDS TO BENEFIT THE MACKINAC STRAITS HEALTH FOUNDATION

All proceeds from the 2020 St. Ignace Rock & Run will be dedicated to a special fund designed to assist the staff at Mackinac Straits Hospital with necessary supplies and personal protection equipment needed to keep them and their patients safe.