



COMMITTEE FOR THE UPLIFTMENT OF THE MENTALLY ILL

# CUMI...COME RUN!

# '19

## 10K Run 5K Run Walk

SEPTEMBER 21, 2019

TRYALL CLUB, HANOVER

<p>General Information</p>	<p>The CUMI COME RUN race is in its Eleventh year after its successful running last year. This race takes place at the stunningly beautiful Tryall Club in Hanover. Last year we raised J\$3M for CUMI to bolster the CUMI Trust Fund that supports the rehabilitation of the mentally ill in St James and its environs. This year the team plans to up that number with the support of the corporate team with the most participants!!!!</p>
<p>Event Date</p>	<p>September 21, 2019 at 6:30am</p>
<p>Categories</p>	<p>Event includes - Men and women -5K run, 10K run and 5K walk</p>
<p>Registration</p>	<p><b>Limited spaces available.</b> Registration MUST be done prior to packet pickup on September 20 - <b>Pre Registration ONLY</b>. Registration fees:</p> <ul style="list-style-type: none"> <li>• Corporate Teams of minimum 20 – Ja\$ 4,000</li> <li>• Adults – Ja\$4,500</li> <li>• Children (up to 16 ) Ja\$3,000</li> </ul> <p>Register with credit card online at <a href="https://www.runningeventsja.com/">https://www.runningeventsja.com/</a> or by completing and faxing the registration form attached along with the receipt for deposit of fees to JMMB account # 2915833</p>
<p>Race Entry</p>	<p>Packet pick up goodie bag will include:          Sponsor items          Race bib number          Free ticket to the post-race brunch</p>
<p>Event Schedule</p>	<ul style="list-style-type: none"> <li>• September 20- Early Packet pickup at 5:00pm</li> <li>• September 21- Racers arrive at Tryall Club at 5:45am and race starts at 6:30am</li> <li>• September 21- 8:00am Complimentary Brunch at Tryall for race participants</li> </ul>
<p>Timing</p>	<p>The event will be chip timed by Running Events</p>



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Award Categories	10k run 1 <sup>st</sup> -3 <sup>rd</sup> Male/ Female 5k run 1 <sup>st</sup> - 3 <sup>rd</sup> Male / Female 5k Walk Male/Female Novelty Prizes Largest Corporate team award
The Course	Set on the beautiful championship golf course of the Tryall Club, this stunning, yet challenging 'CUMI Come Run' course is designed for participants of all levels including children. The course itself is a one of a kind, weaving through Tryall Club's rolling hills. The run course offers a setting like no other 5k/10k race in Jamaica. Tryall Club's Golf Course inclines vary, with an average grade of 2% to 4% at points with a rapid downhill section after mile 2 and mile 5. The course itself will have 4 water stops throughout which will ensure that every runner keeps hydrated.
Race Director information	Running Events
Event Website	CumiMobay.org
Donations	Your contribution will help us to achieve our goal and improve the plight of the mentally ill people in St. James.  <b>Send Your Cheque payable to C.U.M.I. to:</b> Jane Fray PO Box 302, Montego Bay St. James Jamaica, W. I.

We are encouraging every level of participation from young to old and Corporate Teams. This is a great opportunity for "Team Building" which encourages healthy activity, while donating to a dynamic and worthwhile cause.

Looking forward to seeing you at the Race!!