

VOICE OF THE COMMUNITY SINCE 1936

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## Fifth Annual RiverRun Walk

Neighborhood Service Organization (NSO) will host its Fifth Annual RiverRun and Walk on Saturday, Sept. 10. More than 500 people are expected to participate this year, which will mark the debut of "Handlebars for the Homeless," a non-competitive 13-15 mile bicycle tour that will start prior to the 5K (3.1 mile) run and walk.

Since the creation of the NSO RiverRun & Walk in 2007, more than \$200,000 has been raised to support NSO's mission to be "Always Within Reach" for Detroit's most vulnerable citizens.

All activities (run, walk and cycle) begin and end at Rivard Plaza, located on Detroit's RiverWalk. Event registration begins at 7 a.m., followed by the beginning of "Handlebars for the Homeless" at 8 a.m., and the run and walk at 9 a.m. All registered participants will receive a t-shirt and those who complete the routes will receive ribbons. Medals will be awarded to the top 30 run-

ners and top 30 walkers. Running awards will go to the top five men and women, the top man and woman masters, top man and woman seniors, and the top wheeler.

The RiverRun and Walk route will follow a path from Milliken State Park to Atwater west, past the GM Renaissance Center and Cobo Hall and back to the RiverWalk. "Handlebars for the Homeless" will start east of Atwater, circling part of Belle Isle, going through the shaded streets of the Historic Indian Village and the world-famous Heidelberg Project, returning to Rivard Plaza via the Dequindre Cut. Water and refreshments will be provided to participants.

"NSO's RiverRun and Walk is an important event for us each year," said NSO President and CEO Sheila Clay. "Not only do our participants get to spend a morning getting fit and enjoying some of the most beautiful views of our city, but they are also helping NSO provide services to thou-

sands of our consumers who would have no where else to turn, if NSO's programs were not available to them."

Until Sept. 2, registration will cost \$25 for individuals and \$100 for a team of five. From September 3 until the event, individual prices will be \$30 and \$125 for a team. For additional event information, sponsorship opportunities and to register or volunteer, please call (313) 961-4890, ext. 1069 or 1031 or visit [www.nso-mi.org](http://www.nso-mi.org).

Sponsors of the 2011 NSO RiverRun and Walk include: DTE Energy, Daly Merritt, Inc., PCE Systems, Health Alliance Plan (HAP), Fifth Third Bank, Delta Dental, Fusco, Shaffer & Pappas, Inc., BHPI, Pro Care Health Plan, Henry Ford Health System, Detroit Area Agency on Aging, Superior Ambulance, Meijer, Absopure, Wheelhouse Detroit, Motor City Striders and the Detroit Riverfront Conservancy.