



10K RIVER RUN/WALK PROCEEDS BENEFIT HSI

The **2005 Grey Cloud Island River Run will be held on Saturday, August 20, 2005.**

For the third consecutive year, **all proceeds from this run will be donated to HSI (Human Services, Inc.)** a nonprofit agency. Everyone is welcome to come and enjoy the natural beauty of the river, woods and wildlife and run/walk this U.S. Track & Field Association certified 10K course held at Aggregate Industries' Larson Quarry located on Grey Cloud Island in Washington County. "We welcome runners at every level to come and run this unique and beautiful course, and are happy to see many of our runners return year after year," says Race Director, Patty Christensen.

Upper and Lower Grey Cloud Island is located southeast of the Twin Cities on the backwaters of the Mississippi River. The islands are named for "*Mahpiyahotawin*," or "Grey Cloud Woman," who was the wife of Hazen Mooers, an American fur trader who once lived there. Today this beautiful community is home to approximately 300 people, and Aggregate Industries, an aggregate producer in the Twin Cities since the early 1900's, which operates a sand and gravel pit on the Lower Island and a limestone quarry on the Upper Island.

Committed to their long-standing policy of actively participating in the communities in which they work, Aggregate Industries started their 10K Run in 1996 as part of St. Paul Park's annual Heritage Days celebration. Since 1996, the annual 10K run has achieved the U.S. Track & Field Association certification sought by avid runners, while maintaining the neighborly feel of a fun run that first time runners will enjoy. "More importantly, this event gives back to the community by generating a charitable

contribution to HSI, which is one way we can be a role model of corporate citizenship and demonstrate our commitment to long-term involvement and leadership in the community,” said Ms. Christensen.

HSI, a nonprofit organization with 7 offices located throughout Washington County, annually serves more than 8,600 residents by providing multi-services for adults, children, adolescents, and families who face daily struggles related to emotional disorder, mental illness, chemical dependency, or domestic or sexual abuse. In addition, HSI provides services for the elderly and adults with disabilities, which include nutritional services (Meals on Wheels and congregate dining), adult day programs, and door through door transportation (Transporter).

“Selecting a charitable cause can be a daunting task. When I saw the wide range of services HSI offers to the residents of Washington County, from delivering hot meals to the elderly, to services for adults and children other mental health disorders, to treatment for chemical abuse, I knew that we had found a perfect match with HSI. **The services provided by HSI are extremely important to the community and we are thrilled to support their efforts to provide families and individuals valuable assistance to overcome and prevent life impairments, making our community a better place for all,**” said Christensen.

To pre-register for this run go to www.raceberryjam.com or www.active.com or contact Patty Christensen at (651) 683-8133. Pre-registration is strongly encouraged, however, registration will also be available on the day of the run. The registration fee for the run is \$15 by August 17th and \$20 after that date. Anyone who would like to volunteer on the day of the run is also encouraged to call. For more information about services at HSI call 651-777-5222 or visit their web site at www.hsicares.org.