

2205 Jefferson Avenue 989-832-7937
Midland, MI 48640 www.mymcc.org



Saturday, June 5, 2010



10K Run • 5K Run • 5K Walk
1 Mile Run • Tot Trot



MidMichigan
Medical Center
Midland



A CONSOLIDATED GRAPHICS COMPANY



Race included in:



25th Annual Midland Community Center's Dow RunWalk • June 5, 2010

Event Times

Friday, June 4th

Packet Pick Up & Expo 3:00-7:00 PM

Check out vendor displays and new products as you pick up your race packet at the Midland Curling Center.

Saturday, June 5th

5K Run 8:00 AM

10K Run 8:10 AM

Girls on the Run 8:15 AM

5K Walk 8:20 AM

1 Mile Run 9:35 AM

All Ages Welcome! FREE entry & T-shirt for youth 5-14, courtesy of Dow Chemical Employees' Credit Union! PARENTS can run with your children at no cost, but must register!

Tot Trot 9:45 AM

Free entry, T-shirt, & goodie bag for ages 3-5, courtesy of Dow Corning.

Results Posted (as available)

Awards (On Stage) 10:15 AM

Health & Fitness Fair 8:30-11:30 AM

Sponsored by MidMichigan Medical Center-Midland

Stop by the MidMichigan Good For You Health Fair and learn how to adopt a healthy lifestyle. In addition to our first aid and stretching station, we will feature interactive displays, free blood pressure screenings, sports injury prevention and nutrition tips. Enjoy live entertainment, interactive children's activities, the ROCK climbing wall, inflatables and more all morning long!

Location

All events start and finish near the Midland Community Center, 2205 Jefferson Ave., Midland, Michigan. The Tot Trot and post-race activities will be held in and around the Midland Curling Center on the campus of the Midland Community Center.

Registration

ALL PARTICIPANTS MUST BE REGISTERED

Early: Mail and Online (www.MyMCC.org) registration must be completed or postmarked on or before May 28 (\$18/person \$50/family). *Additional \$2 fee online with Visa or MasterCard

Late: IN PERSON ONLY after May 28. (\$26/person \$65/family). Please do not mail after May 28! *Shirts not guaranteed to late registrants.

Packet Pick-Up & Expo

Midland Curling Center (on campus of MCC):

Friday, June 4th: 3:00-7:00 PM

Race Day Registration & Packet Pick-Up: 7:00-7:45 AM

**Credit or debit cards will not be accepted Friday during Packet Pick-up or Race Day.

1 Mile Run Registration & Pick-Up open until 8:30 AM

Tot Trot (outdoor basketball court): 9:15-9:45 AM

Age Groups

10 & under, 11-13, 14-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Awards (on stage at 10:15 AM)

- * Awards & free entry ('11) to top 3 male & female overall winners in under 40 & masters (10K, 5K Run & Walk)
- * Awards to top 3 runners/walkers in each division (10K, 5K Run & Walk)
- * Awards to top 3 runners in each division for 1 Mile Run. Participant award to all finishers.
- * Two new bikes given away in the 1 Mile Run - ages 5-14, courtesy of Bicycle Headquarters!
- * Participant award to all Tot Trot finishers.

Timing

PAD Start and Finish!

The ChronoTrack (disposable tag) Timing System will be used to process results for the 10K, 5K, & 1Mile races. All participants must wear tag to be scored. **Tags will be given with your bib # during Packet Pick-Up!**

Course

Well marked. Flat. Point-to-point. All races accurately measured. Finish - Mill Street.

Aid Stations

Minimum three (3) water/first aid stations along course.

Walkers

You may race walk, walk, slow walk, saunter, shuffle/speed walk, power walk, but you **MAY NOT RUN!**

Facilities

Restrooms, locker rooms, and showers are available at the Midland Community Center and Midland Curling Center. Port-a-Johns available onsite.

Results

Complete results at: <http://DowRunWalk.MyMCC.org> and www.GaultRaceManagement.com.

Extras

Refreshments at FINISH (RunWalk Refueling Station), Health & Fitness Fair, live entertainment and activities post race! Kids Corner Babysitting available for race participant families from 7:30-11:00 AM. A \$3 fee will be charged per family. Children must be picked up by 11:00 AM.

Contact Info

Jennifer Adamcik, Wellness Events Coordinator:
JAdamcik@MyMCC.org (989) 832-7937 x2221

Celebrating 25 Years....

Keep watch for special surprises added to this years event to commemorate our 25th year! Things like...Guest Speaker and Triathlete IRON ANDY courtesy of The Apothecary Shoppe and 600 mini cupcakes courtesy of The Gourmet Cupcake Shoppe! You won't want to miss these added features!

Volunteers

Want to be part of the action but don't want to race? We need many volunteers to make this a successful event! **Volunteers receive a free T-shirt and "goodie" bag. Volunteers are also eligible for special prize drawings!**

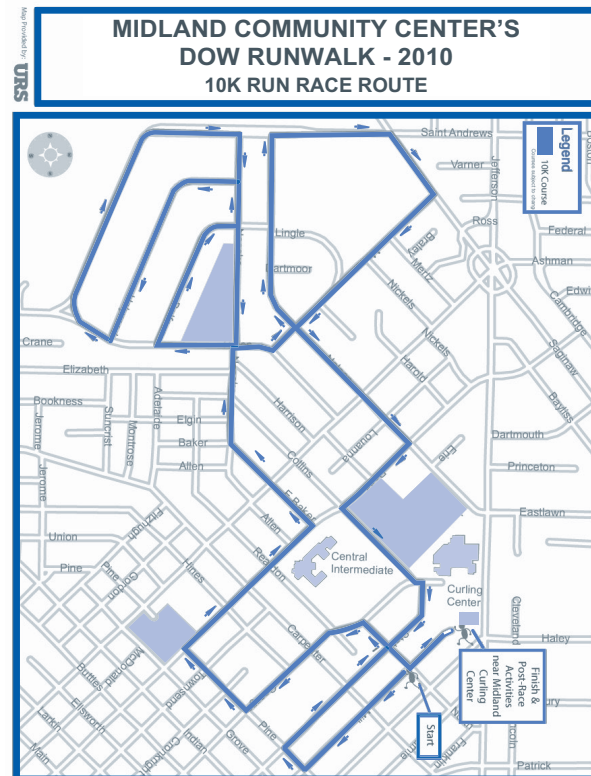
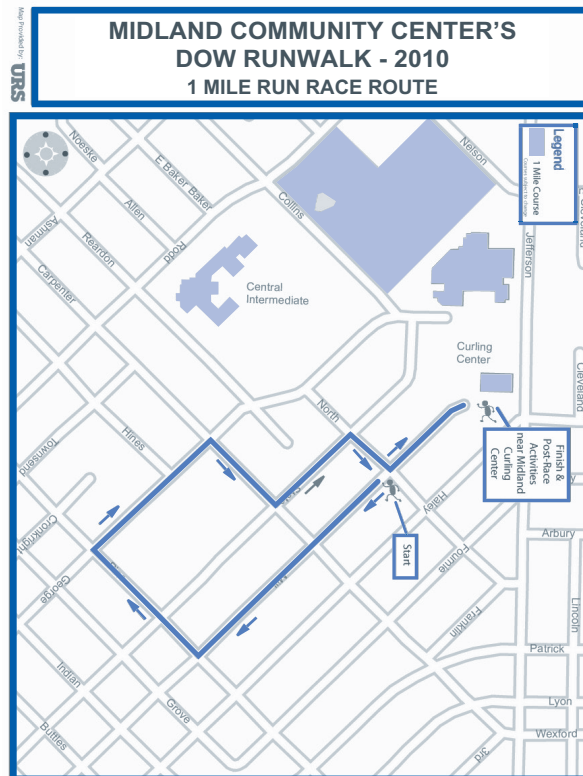
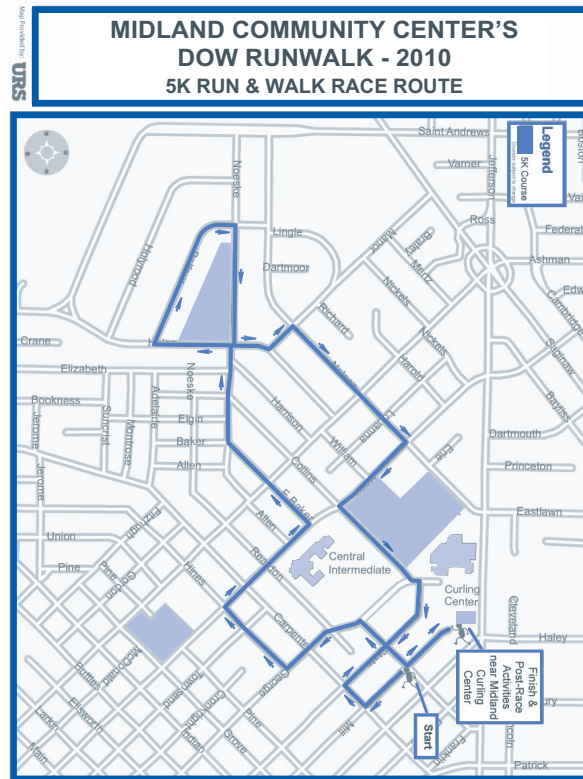
RunWalk Challenge (looking for 25 teams!)

An opportunity for co-workers, friends, civic or youth groups, families, churches...to put a team together and participate or volunteer in the RunWalk Challenge. Teams must have a minimum of six participants. See website for details!

RunWalk Mileage Club 25

Free for youth 5-14. Run or Walk 24 miles prior to Race Day and finish the 25th mile at the 1 Mile Run! Track your progress and earn rewards. See website for details!

<http://DowRunWalk.MyMCC.org>



Registration Form

ALL PARTICIPANTS & VOLUNTEERS MUST REGISTER. ONE PERSON PER FORM. PHOTOCOPIES ACCEPTED.

- Race Participant
 Team Participant (Athletic)
 Girls on the Run
 Volunteer 40530C
 RunWalk Challenge
 "Running Buddy"
 MidMichigan Challenge Team

Last Name: _____ First Name: _____

Birth Date: _____ Age: _____ (on race day) M F

Street Address: _____

City: _____ State: _____ ZIP: _____

Home Phone: () _____

Work Phone: () _____

Email: _____

Youth: __2-4__ __6-8__ __10-12__ __14-16
 Adult: __S__ __M__ __L__ __XL__ __XXL
 __NO SHIRT
 * Shirt guaranteed with entry by May 28
 **The shirt ordered is the shirt received

I know that running or working in a road race event is a potentially dangerous activity. I should not participate or volunteer to work unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely participate in the RunWalk. I assume all risks associated with my participation (or that of any of my children) in this event including, but not limited to falls, contact with other participants/volunteers/spectators/producers of this event, the effects of weather (including high heat and/or humidity), traffic, and road conditions, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release The Midland Community Center, The Dow Chemical Company, the City of Midland, all sponsors and their representatives, successors and volunteers from all claims or liabilities of any kind arising out of my participation in this event. I further agree that The Midland Community Center may use for publicity and/or promotional purposes, without any obligation or liability to me, my name and any picture of my participation in this race.

Signature _____

(Parent/Guardian signature required if participant is under 18)

Date _____

Please detach and return/mail form to:

Midland Community Center
 2205 Jefferson Avenue
 Midland, MI 48640

Register me for the following race:

- | | |
|----------------------|---------------------|
| ___ 10K Run | ___ 5K Run |
| 40500C | 40505C |
| ___ Girls on the Run | ___ Running Buddy |
| 40508C | 40508D |
| ___ 5K Walk | ___ 1 Mile 5-14 yrs |
| 40510C | 40520C (FREE) |
| ___ Tot Trot | ___ 1 Mile 15+ yrs |
| 40525C (FREE) | 40520D (FREE) |

FEES:	By 5/28	After 5/28
Per Person	\$18	\$26
Family Fee*	\$50	\$65

ALL PARTICIPANTS MUST REGISTER!

*Children MUST be dependents.

Family must register together to get discount.

Entry Fees are non-refundable

TOTAL ENCLOSED \$ _____

Payment Type ___Check* ___Visa** ___MasterCard**

Card # _____

Exp Date: _____

Signature: _____

*Please make checks payable to Midland Community Center

**Mail in with credit card will be charged \$2 processing fee