

38TH LABOR DAY RUN

MONDAY, SEPTEMBER 6, 2010
MIDLAND, MICHIGAN

Race Course:

The 10K Run will be run completely on the Chippewa Trail (out and back).
The 5k Run/Walk will be on the Trail for half the distance.
See map hanging on CNC building before race starts.

Time: 10k and 5k Run at 10:00 am
5k Walk at 10:01 am

Kids (ages 1-12) Fun Run (100 & 200 yard dashes) at 11:10 am
Awards at 11:30 am



BAY AREA RUNNER'S CLUB

Bay Area Runner's Club,
Chippewa Nature Center,
D.J. Ryan Rousseau,
W. Jay Brown PLC,
MidMichigan Medical
Center—Midland and
Road Runners Club of
America.

Location: Chippewa Nature Center

Follow the Green and Red direction signs as you come into Midland Restrooms only— come dressed to run

Entry Fee:

\$11 without a shirt if received by **August 21st**. Shirts are \$5 for 50/50 shirt or \$16 B-Dry Performance Shirt

BARC members- \$1 off.

Kids Fun Run- Free, however, they must fill out a registration form. \$5 for a shirt

Late Registrants- \$21 with 50/50 shirt, \$32 with a B-dry shirt and \$16 without shirt after August 22nd and on race day. We cannot guarantee shirts on race day to late registrants. All fees non-refundable. Proceeds are split 50/50 (after expenses) with CNC and BARC

Awards: To First Overall and Masters (40+)- Male and Female in 10k & 5k run only.

To First, Second, and Third in each age group- Male and Female in 10k & 5k run only.

To First through Fifth- Male and Female in 5k walk only.

Kids Fun Run- Ribbons to all participants.

Refreshments provided at the finish line

Run Only Age Groups:

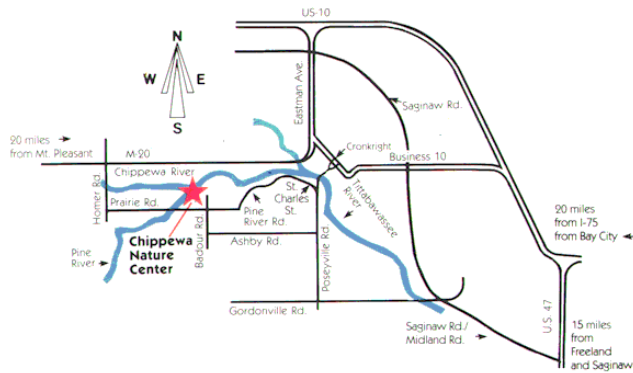
5K Run: 9 under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 over

10K Run: 14 under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 over

Early Registration: Mail to Lori Brown; 12836 Whisper Ridge; Freeland MI 48623
Do not mail after August 20th. Make checks payable to B.A.R.C.

Late Registration: Chippewa Nature Center— starting at 8:30 am on Race Day

For information: Contact Lori Brown at (989) 274-9495 or jayandloribrown@chartermi.net



From Mt. Pleasant: M-20 to Homer Rd., South to Prairie Rd., East to Badour Rd.

From Bay City: US-10 to Business 10 Exit. Follow Business 10 to Cronkright (Poseyville Rd.) Left on Cronkright, over Poseyville Bridge to St. Charles St. Turn right, follow signs three miles to CNC.

From Saginaw: M-47 through Freeland to Midland Rd. (follow sign for Tittabawassee Township Park). Left at stoplight at Gordonville/Waldo Rd. Follow Gordonville to Poseyville Rd. Right on Poseyville to Ashby Rd. Left on Ashby Rd. to Badour Rd., then right to CNC.

From Midland: M-20 to Homer Rd. (then follow directions from Mt. Pleasant); or, US Business 10 to Cronkright (Poseyville Rd.), then follow directions from Bay City.

Registration Form

Last Name _____ First Name _____ Middle Initial _____

Address _____ City _____ State _____ Zip Code _____

Birth Date ___/___/___ Age on Race Day _____ Sex M ___ F ___ Phone ___-___-_____

5K Run _____ 5K Walk _____ 10K Run _____ Kids Fun Run _____

Kids 50/50 shirt \$5: Small _____ Medium _____ Large _____

50/50 shirt \$5: Small _____ Medium _____ Large _____ Add \$2 2XL _____

B-Dry Performance Shirt \$16 Small _____ Medium _____ Large _____ Add \$2 2XL _____

I know that running a road race is potentially dangerous activity. I should not enter and run 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 complete the run. I assume all risks associated with running in this event including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, 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 Bay Area Runner's Club, R.R.C.A., the Chippewa Nature Center and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. PLEASE.... ANIMALS, ROLLER SKATES/BLADES, BABY CARRIAGES/STROLLERS, BIKES, SKATEBOARDS, ARE NOT ALLOWED ON THE RACE COURSE.

SIGNATURE (Parent if under 18) _____ Date: _____ Amount this Entry \$ _____

Before August 21st:

- Kids Fun Run—FREE
- Kids Fun Run with Shirt – \$5
- 5K & 10K Run—\$11
- 5 K Walk—\$11
- Run or walk with 50/50 shirt \$ 16
- Run or walk with B-Dry Performance Shirt \$27

After August 21st:

- 5K & 10K Run - \$16
- 5K Walk— \$16
- Run or walk with 50/50 shirt—\$21
- Run or walk w/ B-Dry Performance \$32
- Add \$2 for 2XL