

# BAY AREA RUNNER'S CLUB 39TH LABOR DAY RUN & POTLUCK MONDAY SEPTEMBER 5, 2011 MIDLAND, MI



## MIXI LABOR DAY RUN THE BAY AREA RUNNERS CLUB

### 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.

### Time:

10k and 5k Run at 10:00 A.M.  
5k Walk at 10:01 A.M.

Kids (ages 1-12) Fun Run at 11:10 A.M.  
Awards at 11:30 A.M.



### Sponsors:

Bay Area Runner's Club  
Chippewa Nature Center  
DJ Ryan Rousseau  
W. Jay Brown PLC  
MidMichigan Health  
The Dow Chemical Company  
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:

\$15 with a poly/cotton shirt,  
\$25 with a Badger B-Dry Shirt if received by **August 12th**.  
BARC members: \$1 off  
Kid's Fun Run: FREE. Optional poly/cotton shirt is \$5.

### Late Registrants:

\$20 with 50/50 shirt, \$30 with a B-Dry shirt after August 12th and on race day to late registrants.

*Limited quantity of shirts available after August 12th, especially wicking shirts. Register **EARLY** to guarantee your shirt. We cannot guarantee shirts after August 12th. All fees non refundable.*

### 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 5K run only.

First and Second in each age group - Male and Female in the 10K Run only

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

Kids Fun Run - Medals to all participants.

\*Refreshments provided at the finish line\*

**\* We are bringing back the annual potluck after all the races. Bring a dish to pass - hot dogs, chips and pop will be provided.**

### 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:** 19 & Under, 20-24, 25-39, 30-34, 34-39, 40-44, 45-49, 50-54, 55-59, 60-64, and 65 and over

### Early Registration:

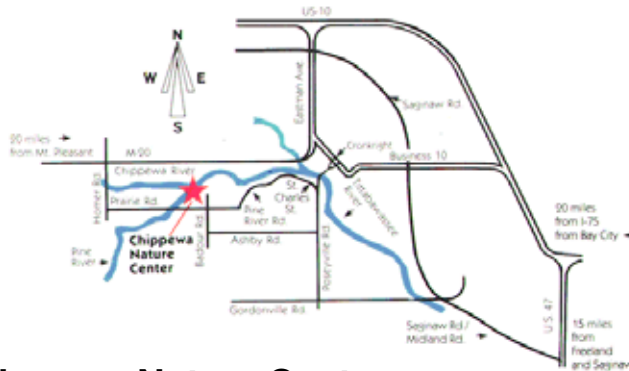
Mail to:  
Lori Brown  
12836 Whisper Ridge  
Freeland MI 48623

### Late Registration:

Chippewa Nature Center - starting at 8:30 A.M. on Race Day

**For Information:** Contact Lori Brown at (989) 274-9495 or [jayandloribrown@chartermi.net](mailto:jayandloribrown@chartermi.net)

**BAY AREA RUNNER'S CLUB**  
**39TH LABOR DAY RUN & POTLUCK**  
 MONDAY SEPTEMBER 5, 2011 MIDLAND, MI



**Directions to Chippewa Nature Center**

**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 \_\_\_\_-\_\_\_\_-\_\_\_\_

E-Mail \_\_\_\_\_

5K Run \_\_\_\_\_ 5K Walk \_\_\_\_\_ 10K Run \_\_\_\_\_ Kids Fun Run \_\_\_\_\_

Kids poly/cotton shirt: Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_

Poly/cotton shirt: Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large \_\_\_\_\_ Add \$2 2XL \_\_\_\_\_

B-Dry Performance Shirt: XSmall \_\_\_\_\_ Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-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 \$ \_\_\_\_\_

**Make Checks Payable to BARC**

**Before August 12th:**

- Kids Fun Run—FREE
- Kids Fun Run with Shirt—\$5
- Run or walk with poly/cotton shirt \$ 15
- Run or walk with B-Dry Performance Shirt \$25
- Add \$2 for 2XL

**After August 12th:**

- Run or walk with 50/50 shirt—\$20
- Run or walk w/ B-Dry Performance \$30
- Add \$2 for 2XL