



LABOR DAY RUN
THE BAY AREA RUNNERS CLUB

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47th LABOR DAY RUN & POTLUCK

Monday, September 2, 2019 Midland MI

Location: Chippewa Nature Center

Follow the green and red direction signs as you come into Midland. Restrooms only -- come dressed to run.

Race Course:

The 10K Run and 5K Run/Walk will be completely on the Chippewa Trail (out and back). The trail is paved.

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.

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.

To First and Second in each age group - Male and Female in 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.

Entry Fee:

\$20 with an Arrow Mesh Vent shirt or \$15 without if received by **July 31st**.

BARC members: \$1 off

Kids Fun Run: FREE Optional cotton shirt is \$5.

Late Registrations:

\$25 with an Arrow Mesh Vent shirt or \$20 without after July 31st and on race day to late registrants.

Limited quantities of shirts available after July 31st. Register **EARLY** to guarantee your shirt. We cannot guarantee shirts after July 31st. All fees non refundable.

Early Registration:

Mail to:
BARC
P.O. Box 634
Bay City, MI 48707

Online Registration:

<http://www.runsignup.com>

Late Registration:

Chippewa Nature Center - starting at 8:30 a.m. on race day.

For Information:

Contact Christopher Szeszulski at BARCLaborDayRun@gmail.com

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, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & over.



Sponsors:

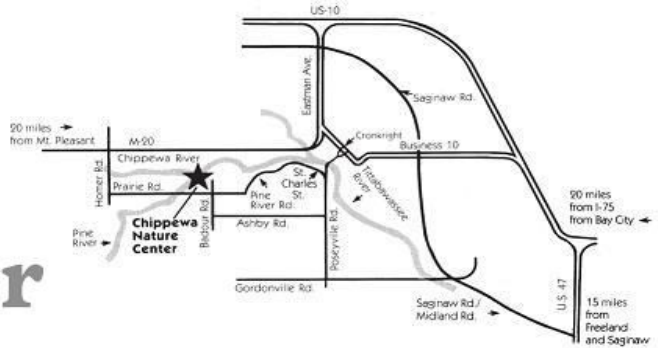
Bay Area Runners Club
Chippewa Nature Center
Road Runners Club of America

Potluck Info:

Potluck will take place after all the races. Please bring a dish to pass - hot dogs, chips, and pop will be provided.

Smoking is prohibited at CNC. Dogs are not allowed on CNC grounds.

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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 _____

Birthdate ____/____/____ Age on Race Day _____ Sex M____ F____ Phone _____-_____-_____

E-Mail _____

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

Kids Cotton Shirt Small _____ Medium _____ Large _____

Labor Day Run Shirt Small _____ Medium _____ Large _____ X-Large _____ Add \$2 2XL _____

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. 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 course conditions, and waive any and all claims which I might have based on any of those and other risks typical found in running a road race. I acknowledge all such risks are known and understood by me. Having read this waiver and knowing these facts and in considerations of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release The Bay Area Runners 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. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition. In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver. Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes. PLEASE... ANIMALS, ROLLER SKATE/BLADES, BABY CARRIAGES/STROLLERS, BIKES, SKATEBOARDS, ARE NOT ALLOWED ON THE RACE COURSE.

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

Before July 31st:

Kids Fun Run - FREE
 Kids Fun Run with Shirt \$5
 Run or Walk with Shirt \$20
 Run or Walk with No Shirt \$15
 Add \$2 for 2XL

After July 31st:

Run or Walk with Shirt - \$25
 Run or Walk with No Shirt \$20

Add \$2 for 2XL