



MMXVIII  
**LABOR DAY RUN**  
 THE BAY AREA RUNNERS CLUB

**BAY AREA RUNNERS CLUB**  
**46th LABOR DAY RUN & POTLUCK**  
 Monday, September 3, 2018 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 a RacerMesh Long Sleeve shirt or \$15 without if received by **August 6th.**

BARC members: \$1 off

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

**Late Registrants:**

\$25 with a shirt or \$20 without after August 6th and on race day to late registrants.

*Limited quantities of shirts available after August 6th. Register **EARLY** to guarantee your shirt. We cannot guarantee shirts after August 6th. 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](mailto: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, 34-39, 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.**

**BAY AREA RUNNERS CLUB**  
**46th LABOR DAY RUN & POTLUCK**  
 Monday, September 3, 2018 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 stop-light 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 Cotton Shirt Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_  
 RacerMesh Long Sleeve Shirt Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large \_\_\_\_\_ Add \$2 2XL \_\_\_\_\_

I know that running a road race is a 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 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. PLEASE... ANIMALS, ROLLER SKATE/BLADES, BABY CARRIAGES/STROLLERS, BIKES, SKATEBOARDS, ARE NOT ALLOWED ON THE RACE COURSE.

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

**Before August 6th:**

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 August 6th:**

Run or Walk with Shirt - \$25  
 Run or Walk with No Shirt - \$20  
 Add \$2 for 2XL