

Run to the Rapids

Benefiting ALS (Lou Gehrig's Disease) Research

SATURDAY, APRIL 16, 2016 - 5K Race/1Mile Fun Walk

RACE DAY REGISTRATION: OPENS AT 7:30 AM – 5K & 1Mile starts at 9:00 AM

REGISTRATION LOCATION: Bluebell Island Park, 24040 Front Street, Downtown Grand Rapids, Ohio

Course: One of the most unique road race courses in NW Ohio. Accurately measured the 5K (3.1 Mile) and 1 Mile courses begin and finish at the park, using village streets and the historic towpath trail.

AWARDS

- Overall & overall master (40+) Male & Female in the 5K Receive Gift Certificates from Dave's Running
- 5K Age group awards (at least three deep) No duplication of awards
- 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, 70-74, 75-79, 80 & older.
- Bonus! 1st place in all 5K age groups receive a free ice cream coupon in addition to their award.
- The 1 Mile Fun Walk is non-competitive

SHIRTS, REFRESHMENTS AND OTHER INFO:

- All pre-registered participants will receive a t-shirt. A limited number of shirts will be available for race day entries.
- Door Prize drawing with great gifts from area merchants.
- Water, Sports Drink, Muffins and Scones available at finish.
- Plus all entries receive a coupon for discounted ice cream at Rita's Dairy Bar (right next to the park).

ENTRY FEES:

- Early Entry fee - Pre-registered postmarked by Friday, April 1, 2016, \$20.00 or
- Online by Wednesday, April 6, 2016, \$20.00 available at runsignup.com (service fee applies)
- Late Entry fee after above deadline and on race day - \$ 25.00 (No Shirt)
- On-line registration after April 6, \$ 25.00 (No Shirt) (service fee applies) until Wednesday, April 13.
- Entry fees payable to: Grand Rapids Arts Council – Please Check or Money order only, no cash.
- Mail to: GRAC, P.O. Box 234, Grand Rapids, Oh 43522
- Or drop off at Washer's Laundromat, 24035 Third Street, Grand Rapids, Ohio
- Information? email to GRAC@grandrapidsartscouncil.org or call (419)832-2787

-----CUT HERE – ENTRY FORM MAY BE PHOTOCOPIED- PLEASE PRINT-----

NAME _____ TELEPHONE (____) _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

EMAIL ADDRESS: _____ EVENT: (circle) 5K 1 Mile

SEX: (CIRCLE) M F AGE (ON RACE DAY): _____ DATE OF BIRTH _____

SHIRT SIZE: (CIRCLE) YL S M L XL 2XL

IN CONSIDERATION OF YOUR ACCEPTANCE OF THIS ENTRY, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE ALL RIGHTS FOR CLAIMS AND DAMAGES I MIGHT HAVE AGAINST THE RACE DIRECTOR, THE VILLAGE OF GRAND RAPIDS, GRAND RAPIDS ARTS COUNCIL, SPONSORS, AND ALL RELATED PARTIES FOR ANY AND ALL INJURY OR DAMAGE RESULTING FROM PARTICIPATING IN THE ABOVE EVENT. I AM IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN THIS EVENT.

SIGNED _____ (PARENT OR GUARDIAN IF UNDER AGE 18) DATE: _____

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DIRECTIONS TO THE RACE

US. 24 to the St. Route 295, exit #57, (Grand Rapids/Whitehouse Exit). Follow State Route 295 south into Grand Rapids (after crossing the river). Go straight over the railroad tracks until you get to Rita's Dairy Bar, (one of our sponsors) and the park is on your right behind the store. Free parking is available farther down the street at the municipal lot or at Mary Jane Thurston Park - look for the signs. Please do not park in the alleys.

OUR TOWN

The town of Gilead's (what is today's Grand Rapids) was plotted in 1833. In 1838, Irish and German immigrants began digging the Miami and Erie Canal to create an important water link for transportation and commerce. The first dam at the rapids was built to provide water for the canal town and a side cut (the part of the canal system that you run along during the race) was provided for Gilead. Gilead name was changed to Grand Rapids in 1868. The coming of the railroads (including The Toledo, St. Louis and Western Railroad, often abbreviated TStL&W and commonly known as the Clover Leaf, whose railroad tracks you run over) spelled the end of the need for the canal system. There was not much canal traffic after 1910, but some boats traveled the canal until the early 1930's. The canal system had a series of locks. Ours was lock No. 9. Some work was done on this side cut portion of the canal during the WPA and the CCC days of the depression years of the 30's. One project was the building of Bluebell Island, the site of our finish line. Across the river, the Toledo Metroparks have restored the local part of the main section of the Miami and Erie Canal, while the Grand Rapids side cut and Bluebell Island make an interesting backdrop to Grand Rapids historic downtown. After the race, we invite you to take a stroll through downtown, and if you didn't get enough ice cream and scones at the race, take in one of our great restaurants or visit our quaint shops.

OUR COURSE

Our course has something for everyone! Starting out in downtown, we take you on a tour of historic Grand Rapids, down main street, up the hill to the neighborhoods, out past the railroad tracks, then back into town to run both sides of the tow path on the former canal, finishing right alongside the Maumee River. You even climb stairs and a bridge! We don't want you to miss anything!

OUR TREATS

You will be rewarded at the finish with Donuts, Muffins and Soft Scones, (When was the last time you got a scone at a race?), La Roe's famous Pumpkin Muffins, and other yummy treats. Plus if you run really, really fast, you just might win some ice cream. Not fast? That's okay, just bring some money for the discounted ice cream at Rita's Dairy Bar right by the finish. There is nothing like ice cream to make you feel better after a run!

SOME OF OUR SUPPORTERS

GRAND RAPIDS ART COUNCIL

LaRoe's Restaurant

The Mill House/Kathy's Soft Scones

Rita's Dairy Bar

Washer's Laundromat

AND MANY MORE GREAT GRAND RAPIDS AREA BUSINESSES!

**BONUS: Early packet pickup at Washer's Laundromat, 24035 Third Street
Grand Rapids, Ohio on Thursday, April 14 from 9 AM till 7 PM.
Or on Friday, April 15 from 9 AM till 7 PM**