

Registration Information

Online registration is available at either covenanthealthcare.com/covenantkidsrace or **active.com**. Please note that credit card payment is available only online.

Make checks or money orders payable to YMCA of Saginaw. Mail or drop off your payment and completed form (including your signature) to:
YMCA of Saginaw
Go the Extra Mile for Covenant Kids
1915 Fordney Street
Saginaw, MI 48601-2897

Do not mail entries the week of the race.

Packet Pickup

- **Early pickup:** Saturday, April 9, 2011 between 3:00-7:00pm at the YMCA of Saginaw.
- **Day of Race:** Sunday, April 10, 2011 beginning at 6:00am at the Swan Valley High School cafeteria.

Late Registration

- **Saturday, April 9, 2011** between 3:00-7:00pm at the YMCA of Saginaw
- **Sunday, April 10, 2011** beginning at 6:00am at the Swan Valley High School cafeteria
Note: T-shirts are not guaranteed to late registrants.

Additional Information

Awards

- 1st Overall, 1st Masters, Male and Female for half marathon, 5K run and 5K walk
- 1st, 2nd and 3rd place, Male and Female in each age group for half marathon, 5K run and 5K walk
- All kids 18 and under will receive a participation medal

The award ceremony will follow the races. Awards for winners not present will be mailed.

Results

Results will be posted periodically during the event. Final results will be available within 30 minutes after the last participant of each race crosses the finish line. The final results will be available at the award ceremony and will be posted online at www.GaultRaceManagement.com.

Rules and Regulations

- Pets, skateboards, bikes, rollerblades, skates and any vehicles (other than official race vehicles) are not permitted in the half marathon per USATF guidelines.
- Baby joggers and strollers are permitted in the 5K Run/Walk and 1 Mile Fun Run/Walk. However, please be aware that there are some dirt roads on the 5K route that could potentially be muddy. All of the other exclusions in the bullet above apply to the 5K Run/Walk and 1 Mile Fun Run/Walk.
- A "rolling road closure" will be in place between 7:00-10:45am by the Thomas Township Police and Fire officers, Saginaw County Sheriff officers and Saginaw County Road Commission. After 10:45am, runners will participate at their own risk.

- A 15-minute per mile pace must be maintained during the half marathon to ensure access to the course, police road closure protection and refreshments at the end of the course. Participants unable to keep up with this pace finish the course at their own risk. If you find that you drop below this pace due to injury or fatigue, please alert a race official or police officer for assistance.

Parking and Traffic

- Parking is available at Swan Valley High School. Access the lot south at Miller and west at O'Hern Road. Access to this parking lot will close at 7:00am when race road closures begin.
- Parking is also available at Swan Valley Middle School off Van Wormer Road. Access to the lot will be closed to traffic at 7:30am when race road closures begin.
- Please remember that a "rolling road closure" will be in place between 7:00-10:45am by the Thomas Township Police and Fire officers, Saginaw County Sheriff officers and Saginaw County Road Commission. No traffic will be allowed to drive on the course while the race is in progress. Traffic control officers will allow motorists to cross the course providing it is safe to do so.

Post-Race Activities

- Refreshments in the Swan Valley High School Cafeteria, courtesy of Tim Horton's
- Massage courtesy of Covenant HealthCare Physical Medicine and Rehabilitation
- A Covenant Kids activities area, music, entertainment and more!



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Permit
No?



Corporate Sponsorships Available!
For more information, visit us online at
covenanthealthcare.com/covenantkidsrace



April 10, 2011
Swan Valley High School
Saginaw, Michigan

USATF-Certified Half Marathon
5K Run/Walk
1 Mile Fun Run/Walk

the **Y** **saginaw** **community runners**
present the 2nd Annual
Go the Extra Mile
for covenant kids
HALF MARATHON • 5K

CHALLENGE YOURSELF AND CHANGE THE LIVES OF KIDS IN OUR COMMUNITY!



Go the Extra Mile for Covenant Kids is one facet of ongoing philanthropic activities in our community that support Covenant Kids, a dedicated fund specifically intended to enhance the care of children faced with hospitalization at Covenant HealthCare and their families. Challenge yourself at **Go the Extra Mile for Covenant Kids** and change the lives of kids in our community!



NEW ORGANIZERS
The Saginaw Community Runners Club and the YMCA of Saginaw

NEW CHIP-EMBEDDED TIMING
 monitored by Gault Race Management

NEW RACE ROUTES! Both on-road and the Saginaw Valley Rail Trail

NEW! USATF-Certified Half-Marathon!

Location
 Go the Extra Mile for Covenant Kids Half Marathon and 5K will start and finish on O'Hern Road in front of Swan Valley High School at 8400 O'Hern Road, Saginaw, Michigan 48609. The 1 Mile Fun Run/Walk will start and finish near the main entrance of Swan Valley High School.

Times

- 7:30am • Half Marathon
- 8:00am • 5K Run
- 8:05am • 5K Walk
- 9:00am • 1 Mile Fun Run/Walk (not timed)

Timing
 Gault Race Management will provide and monitor chip-imbedded B-tag timing (timing device inserted in the bibs of participants). The 1 Mile Fun Run/Walk will not be timed.

Age Groups/Divisions

9 & under	25-29	45-49	65-69
10-14	30-34	50-54	70-74
15-19	35-39	55-59	75-79
20-24	40-44	60-64	80 & over



RACE ROUTES

USATF-Certified Covenant Kids Half-Marathon Route*

- Start at O'Hern Road directly in front of Swan Valley High School. Travel West on O'Hern Road.
- Turn Left (South) on VanWormer Road.
- Turn left (East) at Kluck's Tree and Shrub Nursery Retail Entrance.
- Follow Marked Course South through gravel service drive. Pass mile marker 1.
- Turn left (South) onto VanWormer Road. Pass mile marker 2.
- Turn right (Southwest) onto Saginaw Valley Rail Trail. Pass mile marker 3 and 4.
- Exit Saginaw Valley Rail Trail, merging left (South) onto Tefl Road. Pass mile markers 5 and 6. Continue on Tefl Road, crossing Wahl Road.
- Turn right (North) back onto Saginaw Valley Rail Trail. Pass mile marker 7.
- Exit Saginaw Valley Rail Trail, merging left (Northeast) onto Tefl Road. Pass mile marker 8.
- Turn left (North) onto S. Thomas Road. Pass mile marker 9, 10 and 11.
- Turn right (East) onto Schomaker Road.
- Turn left (North) onto VanWormer Road. Pass mile marker 12.
- Turn right (East) onto O'Hern Road. Pass mile marker 13.
- Finish on O'Hern Road at Swan Valley High School.

Covenant Kids 5K Race Route*

- Start on O'Hern Road directly in front of Swan Valley High School.
- West on O'Hern Road.
- Turn Right (North) onto Swan Valley High School campus. Follow the campus drive.
- Turn Left (Southwest) onto Van Wormer Road.
- Turn Right (West) onto gravel service drive of Kluck's Tree & Shrub Nursery.
- Turn Right (Southwest) onto Van Wormer Road.
- Turn Left (East), continue on Van Wormer Road.
- Merge straight onto gravel service drive of Kluck's Tree & Shrub Nursery. Road curves Left (North).
- Turn Right (North) onto Van Wormer Road.
- Turn Right (East) on O'Hern Road.
- Finish on O'Hern Road at Swan Valley High School.

ENTRY FORM

PLEASE PRINT CLEARLY • Use blue or black ink • One entry per participant

Last Name _____ First Name _____ Middle Initial _____

Birth Date (month/day/year) _____ / _____ / _____ Age on Race Day _____ Gender (M or F) _____

Email Address _____

Daytime Phone (_____) _____ Evening Phone (_____) _____

Street Address/Apartment Number _____

City _____ State _____ Zip _____ Country _____

Emergency Contact: Name _____

Phone (_____) _____ Relation _____

How did you hear of the race? (Check all that apply)

- Friend Previous Participant Online Radio TV Newsletter Other

Please check desired event and enter fee at right on order blank:

EVENT	Until 2/28	3/1-3/31	4/1-4/10	
<input type="radio"/> Half Marathon	\$40	\$45	\$60	(Includes technical race t-shirt, indicate size on order blank)
<input type="radio"/> 5K Run	\$20	\$20	\$25	(Includes race t-shirt, indicate size on order blank)
<input type="radio"/> 5K Walk	\$20	\$20	\$25	(Includes race t-shirt, indicate size on order blank)
<input type="radio"/> 1 Mile Fun Run/Walk	\$10	\$10	\$10	(Race not timed. Includes race t-shirt, indicate size on order blank)

Liability & Publication Waiver & Release • Application will not be processed without signature.

Please accept my entry in the Go the Extra Mile for Covenant Kids 2011 Half Marathon, 5K Run/Walk and/or 1 Mile Fun Run/Walk. I hereby state that I have conditioned myself to participate in the event I have chosen. I, for myself, my executors, administrators and assignees, do hereby release and discharge the Saginaw Community Runners Club, YMCA of Saginaw, Covenant HealthCare and their officials, sponsors and volunteers from damages, injuries or expenses occasioned by my participation in the Go the Extra Mile for Covenant Kids 2011 Half Marathon, 5K Run/Walk and/or 1 Mile Fun Run/Walk.

As part of the waiver, I acknowledge that I have read and understand all of the above and, in consideration of this being an amateur event, I release the rights to any and all photographic material, motion pictures, videotape, recording or computer information and/or any other record organizers may wish to release for this event without obligation from me.

Name _____ Date _____

Applicant's signature. (If entrant is under 18, parent or guardian must sign waiver.)

REGISTRATION FEE & T-SHIRT ORDERING INFORMATION:

Event Entry Fee: \$ _____
Note: Race shirts included, XXL shirts, \$2 additional

Half Marathon Technical T-Shirt (Circle Size)
 XS S M L XL *XXL

5K Run/Walk or 1 Mile Fun Run (Circle Size)
 XS S M L XL *XXL

Youth Shirts - 5K or Fun Run (Circle Size)
 S M L

XXL Shirt, add \$2.00: \$ _____

Total Payment Due: \$ _____

Amount Enclosed: \$ _____

PAYMENT INFORMATION:

Make check or money order payable to:
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Do not mail form the week of the race.

Online/credit card registration available at covenanthealthcare.com/covenantkidsraceoractive.com

OFFICIAL USE ONLY

Amt Rec'd _____

CHK/MO _____

Date Rec'd _____