



# **Art & Orchard Festival Fun Run**

**Charter Township of Washington**

**Saturday June 13, 2015 8:30 a.m.**

## **Art & Orchard Festival Fun Run Information for All Participants:**

First off **MAD THANKS** for coming out to support our local Festival Fun Run, the proceeds raised from this event will go towards the Romeo Kids Foundation to fund our Future Splash Park!

### **New for this year:**

- After the event, enjoy a **FREE** Kona Ice! Yummmmm!
- Sadler Photography will be taking pictures throughout the event and these photos will be available to you for **NO CHARGE!** Yep you can upload, copy, print, duplicate as many pics as you desire! The link will be sent directly to your email address after the event. If you don't receive it, just give me a holler!
- Shirts are sized for Men, Ladies and Youth this year!

### **Race Day Morning Itinerary:**

<b>7:15 am:</b>	Be here ☺
<b>7:45 am:</b>	Men of Grace will sing the National Anthem
<b>8:10 am:</b>	15k Bus will leave from the Washington Elementary School
<b>8:20 am:</b>	10k Bus will leave from the Washington Elementary School
<b>8:30 am:</b>	5k Bus will leave from the Washington Elementary School
<b>10:30 am:</b>	Awards Ceremony will start

### **Here is the detailed info for the Fun Run:**

**Packet Pick Up**, is at the Twp Hall on Friday June 12<sup>th</sup> from 5-8pm in the Twp Board Room. If you are unable to pick up your packet it will be ready for you bright and early on Saturday prior to the event. I am also here at the Twp all day on Friday so if you need to stop by earlier than 5pm no problem just look for the crazy girl running around organizing things ☺

On Friday June 12<sup>th</sup> at 6:00pm, Total Health Systems will be offering a demonstration of FitRanx. You can watch or participate. Here is a little preview: (visit link)

<https://www.youtube.com/watch?v=b4DoMvrGGr0>

**FitRanX** is a proven workout system that works! The fitness ranking system keeps you motivated while giving you clear and specific goals. While your workouts are well balanced, full body, challenging workouts. You will get maximum results while under the supervision of your qualified fitness instructor. FitRanx sessions are a half hour and groups are kept small, about 6 people. There will be a flyer placed in your race bag for additional information and they will also be doing massages after the event!

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Dana Coleman, Race Director 586-531-0788**

**Race Day**, be here no later than 7:15am, there will be brief introductions and the National Anthem thanks to Men of Grace, all buses will be staged in the Washington Elementary parking lot so after the National Anthem you will walk to the school.

**Parking**, there will be minimal parking directly around the south side of the Township Hall, but we have a HUGE vacant lot that is just south of the Urgent Care-Crittenton Building, parking at the Washington Elementary school, Meijer Parking lot and at the 27 Mile/Van Dyke Commercial Shopping Center.

**Bathrooms**, yep as a runner myself I know how that pre-race feeling can be, we have bathrooms available in the Township Hall which will be open at 6am. We have port a johns located on the north side of the Township Hall and three located along the trail, (32 Mile Road-29 Mile Road and Campground/Van Dyke).

**Water Stations**, I have four planned along the course so far, 32 Mile Road, 30 Mile Road, 28 Mile Road & Campground/Van Dyke.

**Mile Markers**, yep we will have those for each of the three distances so look for the signs pertaining to the distance you are running ☺

**Timing and distance**, Bib chip timing will be done for all three distances.

**Snacks and Such**, after you finish we will have snacks and refreshments available for you at the Twp Hall so please help yourself! The Kona Ice Truck will be here and guess what? It is FREE for all participants! Stop by after to enjoy a treat on us!

**Step & Repeat Banner**, set up in front will be this awesome Banner thanks to TAG, so take a pic with your crew or an awesome selfie!

**Jamz**, our awesome DJ will be mixing mad beats and screaming out race instructions, thanks Aaron!

**Photos**, this year we hired a professional photographer who will be taking pics along the trail and throughout the event. You will be able to access these great photos for NO CHARGE! You can upload and make copies of anything you wish and it is FREE ☺

**Rain Rain Go Away**....yes it can happen, one of the few things I cannot plan! In the event it does rain, the show will go on. There is no make-up day; however, in the event there is inclement weather we will do our best to delay as long as possible.

**Animals & Strollers**, this event is Family and Dog friendly. The only rule is please be courteous to those around you. The buses have limited capacity, so if you are running with a stroller or dog please plan on being dropped off at the start verses taking one of the SMART buses. All buses will leave by 8:15am, so plan on being at the start by then to ensure you don't miss the start!

**Medals 4 Mettle**, I will have a table set up for donations of Race Medals earned for distances of Half Marathons and greater. This is a great organization and if you have not participated in the Back to the Beach run at Stony Creek in May, then you are missing out! Check out the website for more information: [www.medals4mettle.org](http://www.medals4mettle.org)

**Emergency prep and Shelter**, we have taken extra measures to insure the area in which you will be running and finishing is safe, if you see ANYTHING suspicious call 911 immediately. In the event bad weather comes storming through and warning sirens are going off, the Township Hall has a basement that is where you will need to go. If you are in need of First Aid (Band-Aids and such) we will have that available at the Twp Hall, if you feel ill there is an Urgent Care next door that is open and all of the Township Staff are CPR and AED trained, there is an AED in the lobby of the Twp Hall.

**Sponsors and Volunteers**, this event could not take place at such a reasonable price if it was not for the AMAZING sponsors we have!!! Serra-Buick-GMC-Cadillac, ITC, Randazzo Heating & Cooling, Pizza Nostalgia, United Lawnscape, Christian Financial, Total Health Systems, Giffels-Webster Engineers, Gallo Companies, Back to the Beach Run (Joe Burns-the BEST Race Director EVER), DTE Energy, SMART Transportation, Total Soccer, Rizzo Trash Services, Mr. C's Carwash, TAG, Rusch Entertainment, Romeo Kids Foundation, RWB Parks & Recreation, Macomb County Sheriff Department, Macomb Orchard Trail, Macomb County Department of Roads, Washington Township Fire Department, Washington Township Trustees and my Kick Butt Volunteers for understanding my craziness!

**The Art & Orchard Festival Fun Run is part of the Run Macomb Race Series, Run Three and the Fourth one is Free! See details on qualifying races at RunMacomb.com**

**Thanks again!**



**Dana Coleman, Race Director 586-531-0788**  
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