



footprints

Bay Area Runner's Club Newsletter

March/April 2012

BARC NEWS

Hello fellow BARC members!

Thank you to all of you who came out and participated in and/or volunteered at our St. Pat's race in March. Due to the unseasonably warm temperatures, we had an awesome turnout! St. Pat's will always be a special race to me because it was the first 5K I ever did, and that was 5 years ago already! Thanks to that race, I have participated in many races since then and made so many wonderful friends. If you have a fun St. Pat's story or any other kind of running/walking story to share, don't forget to send it my way!

This month, I would like to welcome the following new members to BARC: Sandra Hartwig (Bay City); Andrew, Patricia, Paige, and Paris Damore (Saginaw); Stephanie Oliver (Fairgrove); Thomas and Victoria Salvador (Flint); Misty Heller (Bay City); Calvin Koerber (Bay City); Roberta Selman (Midland); and Ashley Elzerman (Midland).

Please keep the pictures, information, and feedback coming my way.

See you at the races!

Mallory
tennisfan03228@hotmail.com

BARC Bits

The next BARC meeting will be on April 18th at 6:30 p.m. at the Bay County Community Center. All members are welcome to attend.

The Iron Hatchet allows those with a sense of adventure to define themselves.

GET READY TO

GET DIRTY

RUN

CLIMB

SLIDE

CRAWL

Are YOU Tough Enough?

The Iron Hatchet 5k extreme combines obstacles with mud to create a pulse pounding adventure. Get ready to get dirty. The course offers hills, water, tires, walls, slides and lots of mud. This event has something to offer the beginning runner to the most advanced athlete. Come see if you have what it takes to endure the Iron Hatchet.

IRON HATCHETIRON HATCHET

Saturday, 9Saturday, June 9

Race Site: Huron County Fair Grounds

Check-in: 10:00-11:30am

We're in Training. Will you be ready?

REGISTRATION & WAIVER

I UNDERSTAND AND ACKNOWLEDGE THAT THERE ARE CERTAIN RISKS OF PHYSICAL INJURY TO PARTICIPANTS IN THIS EVENT, AND I VOLUNTARILY AGREE TO ASSUME THE FULL RISK OF ANY AND ALL INJURIES, LOSSES OR DAMAGES, REGARDLESS OF SEVERITY, THAT I (OR MY CHILD) MAY SUSTAIN AS A RESULT OF PARTICIPATION IN THIS EVENT. I HEREBY GIVE MY CONSENT FOR MY (OR MY CHILD'S) PARTICIPATION IN THE IRON HATCHET/TINY TOMAHAWK. I ASSUME ALL RISKS AND HAZARDS ASSOCIATED WITH PARTICIPATION IN THE IRON HATCHET/TINY TOMAHAWK, AND I HEREBY WAIVE, RELEASE, ABSOLVE, INDEMNIFY, AND AGREE TO HOLD HARMLESS THE IRON HATCHET/TINY TOMAHAWK, ITS ORGANIZERS, OFFICERS, HEIRS, ASSIGNS, ADMINISTRATORS, VOLUNTEERS, REPRESENTATIVES AND EXECUTORS, EMPLOYEES, OWNERS, SUPERVISORS, PARTICIPANTS, ALL CITY, COUNTY, AND STATE GOVERNMENTS, AND ALL SPONSORS, THEIR REPRESENTATIVES AND SUCCESSORS, AND OTHER PERSONS, FOR ANY LOSSES, DAMAGES, OR INJURIES TO ME (OR MY CHILD) AND FROM ANY AND ALL CLAIMS, CAUSES OF ACTION, OBLIGATIONS, LAWSUITS, CHARGES, COMPLAINTS, CONTRACTS, CONTROVERSIES, COVENANTS, AGREEMENTS, PROMISES, DAMAGES, COSTS, EXPENSES, RESPONSIBILITIES, OF ANY KIND, NATURE, OR DESCRIPTION, WHETHER DIRECTLY OR INDIRECTLY, IN LAW OR IN EQUITY, IN CONTRACT OR IN TORT, OR OTHERWISE, WHETHER KNOWN OR UNKNOWN, ARISING OUT OF OR IN CONNECTION WITH MY (OR MY CHILD'S) PARTICIPATION IN THIS EVENT. I ACKNOWLEDGE THAT I HAVE READ AND FULLY UNDERSTAND, AGREE AND ACCEPT ALL TERMS CONTAINED IN THIS LIABILITY RELEASE AND WAIVER, AND VOLUNTARILY SIGN ON BEHALF OF MYSELF (OR MY MINOR CHILD). FURTHERMORE, I GIVE PERMISSION FOR THE USE OF MY (OR MY CHILD'S) NAME AND/OR PHOTOGRAPH IN BROADCASTS, NEWSPAPERS, AND OTHER PRINTED, ELECTRONIC AND/OR DIGITAL MEDIA WITHOUT COMPENSATION.

PARTICIPANT (OR PARENT, IF UNDER 18) MUST SIGN: _____ DATE: _____
Entries are not considered complete until signed registration/waiver and all fees are received. Online registration is available at active.com

Race Site: HIRON COUNTY FAIR GROUNDS (use entrance near Expo Center)
170 W. SOPER RD., BAD AXE, MI 48413

Date: SATURDAY, JUNE 9, 2012

Registration Fees:

EARLY REGISTRATION (CLOSES MAY 1ST): LATE REGISTRATION (AFTER MAY 1ST):

TINY TOMAHAWK 1 MILE RUN (AGE 12 & UNDER) \$ 10.00 \$ 15.00

INDIVIDUAL IRON HATCHET 5K (ALL DIVISIONS) \$ 35.00 \$ 40.00

TEAM IRON HATCHET 5K (ALL TEAM MEMBERS MUST COMPLETE A SEPARATE WAIVER) \$120.00 \$140.00

ONLINE REGISTRATION AVAILABLE THROUGH active.com TOTAL ENCLOSED: \$ _____

DIVISIONS: TINY TOMAHAWK 1 MILE TEAM INDIVIDUAL

(Men & Women) 12 and under MILITARY 13-19 20-24 25-29 30-34

LAW ENFORCEMENT/FD/EMS 35-39 40-44 45-49 50-54

OTHER 55-59 60-64 65&over

Check-in & Registration: 10-11:30 AM

Name: _____ Adult T-Shirt Size (circle one): S M L XL XXL

Age: _____ Youth T-Shirt Size (circle one): XS S M L XL

Address: _____ (2-4) (6-8) (10-12) (14-16) (18)

City, State, Zip Code: _____ Emergency Contact: _____

Email: _____ Contact Phone Number: _____

Phone: _____

Sex: M F

Teams must consist of 4 competitors and all MUST cross the finish line together

Team Name: _____

Team Captain: _____

Make checks payable to: HIRON Medical Center

Mail entries to: HIRON Medical Center

Education/Community Outreach Department

1100 S. Van Dyke

Bad Axe, MI 48413

Get ready to get DIRTY! The Iron Hatchet 5K extreme course offers hills, water, fires, slides, walls and mud.

FOR OFFICE USE ONLY

_____ Received _____ Paid _____ Entry Number

March/April Race Schedule

Sat. April 14 9:00 a.m.	Bangor Schools Achieve Your Dream 5K Run & Walk	Bay Co. Comm. Center, Bay City Tina Rogers (989) 684-8121 ext 209 Lynne Moore (989) 684-8121 ext 202
Sat. April 21 9:00 a.m.	Eagle By the Bay 5K Run & Walk	Essexville, MI Race website
Fri. April 27 6:00 p.m.	Walk/Run for the Blind 5K Run & Walk	Carrollton High School, Carrollton Craig Douglas (989) 399-8860
Sat. April 28 9:00 a.m.	Java Race 5K Run & Walk	Saginaw, MI
Sun, April 29 9:00 a.m.	Freeland Walleye Festival 5K Run & Walk	Freeland Sportszone, Freeland Lori Brown (989) 274-9495

RUN/WALK FOR THE BLIND

Friday, April 27, 2012 6:00 PM

Carrollton HS (starts & finishes in front of the school)

Last Name _____ First Name _____

Birthdate _____ Age on Race Day _____ Gender (M or F) ____

Address _____ City, State ZIP _____

Daytime Phone(____) _____ E-mail address _____

Long sleeved T-Shirts for registrations received by April 20th

S M LG XL XXL (Add \$2)

Sorry, you have to sign this form in order to have your application processed: *I certify that I have trained to participate in the walk/run for the blind 5K. Further, I choose this event voluntarily and do release all organizers and sponsors from damages, injuries, or expenses incurred by my participation. I authorize the use of my photographs and videotape. When I sign below, I acknowledge I do understand these terms and conditions*

Please sign _____ Date _____

Make check payable to- *Carrollton Lions Club*, & send registration to:

P.O. Box 517, Carrollton, MI 48724

Order Blank	Amount
1. Circle event <div style="text-align: center;"> 5K Walk = \$ 15.00 Or 5K Run = \$ 15.00 </div> Race day add \$ 5	\$ _____
2. XXL T Shirt (Add \$2.00)	\$ _____
3. Charitable donation (You may add any amount you want)	_____ +
4. Bay Area Runners or Lions Club Special <i>Deduct \$1 if you belong to one of the above organizations</i>	\$ - _____
5. Student discount <i>Deduct \$ 5 if you are a K-12 student</i>	\$ - _____
Total Enclosed:	\$ _____