



footprints

Bay Area Runner's Club Newsletter

July 2011

BARC NEWS

Hello fellow BARC members!

I hope you are all enjoying the hot weather we have had this month and are also enjoying it safely by drinking lots of water, not pushing yourself too hard in the heat, and protecting yourself from the sun.

There are lots of opportunities to get out and participate in races during this summer season. I've enjoyed seeing many of you at our events and others. Don't forget to register for our Labor Day Run, coming up in September.

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

See you at the races!

Mallory
tennisfan03228@hotmail.com

BARC Bits

The next BARC meeting will be on August 11th at 6:30 p.m. at the Bay Area Family Y. All members are welcome to attend.

Congratulations to Casey Hadaway, who took Overall Female at the Port Austin 8K race on July 9th, and who also PR'ed with a time of 21:01 at the Ophelia Bonner 5K in Flint on July 14th.

Four Midland athletes brought home medals from the 2011 Michigan Senior Olympics, which were held recently at various locations in Rochester and Oakland County.

Stuart Bender won a gold medal in tennis singles in the 80-84 age group. Gail Kantak won gold medals in weightlifting, shot put, and 200- and 400-meter dashes (new age group state records in both dashes) in the 55-59 age group. Becky Wieland won a gold medal in the 800-meter run, silver medals in the 200- and 400-meter dashes, and a bronze medal in the 100-meter dash in the 65-69 age group. Wendell Dilling won silver medals in the 400-, 800-, and 1500-meter runs, high jump, long jump, triple jump, shot put, discus, and 10-kilometer road race, and bronze medals in the 100- and 200-meter dashes, javelin, and 5-kilometer road race in the 75-79 age group.

Congratulations to Rich and Tammy Klosowski on the birth of their son, Benjamin, on July 16th, 2011. Benjamin weighed 6 lbs. 8 oz. and was 19 inches long.

Congratulations to Tammy Taylor and Sam SanMiguel on their recent engagement.

Just a reminder that all BARC members receive a 10% discount at all the Runner's Stores in the area: Bay City, Saginaw, Mt Pleasant and soon to open in Midland.

*Catholic Federal 5K Race
Saturday, August 6, 2011
Starting Time is 10:30 am*

Register to race online @
www.cathfcu.com, or www.Active.com

Medals will be awarded to all finishers!

1st place awards will be given to the Overall Male and Female in both the Run and Walk.

Piggy Awards will be given out to the top 3 finishers in each age division.

Piggy Awards will also be given out to the top 5 Walkers, Male and Female.

PLUS!! 3 piggy banks filled with \$100 will be awarded to 3 people randomly drawn from ALL finishers!"

The Catholic Federal 5K Race to be held on the Bay County River Walk ending with the Finish Line at the Labadie Pig Gig presented by State Farm. The race is open to all runners & walkers and those of us who "need to walk off those extra ribs!" There is also a Kids Race for children 12 and under. Have the chance to show off your speed and endurance!

Participants receive FREE entry to the Labadie Pig Gig following the race.

There will also be fresh fruit, cookies, water and sports drink at the finish.

Entry Fee:

\$15 w/out shirt \$20 w/shirt on or before July 17, 2011

\$20 w/out shirt \$25 w/shirt after July 17, 2011

Kid's Fun Run \$7 (includes shirt and award) 12 and under

Shirts not guaranteed after July 18, 2011

The following link is to the application for Garrison Goforth's race on **August 7, 2011 in Vassar. Run through the Hills Vassar 5k & 8k Run and 5k Walk**

http://www.elitefeetrunning.com/EF_Running_Store_EventAppsPosters/2011-RUN_THROUGH_THE_HILLS.pdf



Run from the Mosquitoes 5k Run and 5k Walk

Saturday, August, 20, 2011, 8:00 a.m.
6:45 a.m. race day registration opens



Location: C.M. Humpula Funeral Home, 209 Entrepreneur Dr., St. Charles, MI 48655 (located in St. Charles Industrial Park, on the east side of M-52, North of St. Charles), race will start on Entrepreneur and head out the rail trail towards town, run through some side streets and back to the funeral home.

Entry Fee: \$15 before August 13th, race day \$20. You can also register at active.com until the night before the race.

Mail Entries to: Cadia Humpula, P.O. Box 146, St. Charles, MI 48655
Make checks payable to Cadia Humpula

5k Run Awards: awards to overall male and female and age group winners 3 deep
Age Groups: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over

Awards to top male and female walkers

Any questions contact Cadia Humpula at (989)450-9526 or chumpula@hotmail.com.

Last Name: _____ First Name: _____ Middle Initial: _____
Address: _____ City: _____ State: _____ Zip: _____
Birth Date: ___/___/___ Age on Race Day: ___ Sex: M___F___ Phone: (____)____-____
5k run ___ 5k Walk ___ Circle shirt size: SMALL MEDIUM LARGE XL XXL(add\$1)

I know that running or walking a road race is a potentially dangerous activity. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of any race official relative to my ability to safely complete this event. I assume all risks associated with this event including, but not limited to falls, contact with other participants, the effect of the weather, 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 consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Bay Area Running Club, C.M. Humpula Funeral Home and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. PLEASE no animals, roller blades, roller skates, bicycles, baby strollers or skate boards.

Signature (Parent if under 18): _____ | _____ Date: ___/___/___