



# footprints

Bay Area Runner's Club Newsletter

**August 2011**

**BARC NEWS**

Hello fellow BARC members!

It's hard to believe that summer is almost done already and that the fall racing season is upon us! I hope that you all enjoyed the warm weather and activities that came with summer and that you all also have a safe and enjoyable fall.

This month's newsletter is a little shorter than normal, so please feel free to continue sending me pictures, information, race forms, etc.

This month, BARC welcomes the following new members to our club: Joseph Pyszora (West Branch); Timothy, Lea, Marin, and Gavin Patterson (Bay City); and Garrison Goforth (Vassar).

I look forward to seeing you at upcoming races!

As always, please keep the feedback, information, and pictures coming my way.

Mallory  
tennisfan03228@hotmail.com

# BARC Bits

The next BARC board meeting will be held on September 8<sup>th</sup> at 6:30 p.m. at the Bay Area Family Y. All members are welcome to attend.

BARC gave out two scholarships in 2011 through the Bay Area Community Foundation to Lauren Van Wormer and Chance Kanyo. Our endowment fund through the Bay Area Community Foundation should fund scholarships for years to come. Donations can be made to this fund at any time and currently, a full credit on income taxes is given. The donation is sent to the Bay Area Community Foundation, Pere Marquette Depot, 1000 Adams St., Ste 200, Bay City, MI 48708-5812, earmarked as the BARC endowment fund. Three of the requirements for the recipients are: a financial need, participation in track and cross country events in high school, and for the scholarship to be used for further education.

Check out the Run for Your Heart website at [www.runforyourheart.org](http://www.runforyourheart.org).

Also check out and register for our Labor Day Run/Walk on Sept. 5, 2011.  
<http://www.race-mrm.com/race-mrm/LaborDayEntry2011.pdf>

Our first triathlon in the area is on Sept 18. See <http://www.baycitymorningrotary.com> for more information.

# **MIDLAND COUNTY PARKS AND RECREATION DEPARTMENT**

**PRESENTS -**

**5 km and 10 km running races**

**NEW THIS YEAR!! 5km walk**

**September 10, 2011**

**Pine Haven Recreation Area**

**Sanford, Michigan**

**9:30 a.m. start**

**\*\* Sign up online at [active.com](http://active.com) - keywords Mud Creek**

**Crawl \*\***

MUD CREEK CRAWL is a nationally recognized off-road race (RUNNER'S WORLD's choice as one of the nation's Top 13 Out-Of-The-Way Races) that is run over a beautiful wooded and hilly course on trails that were designed for cross-country skiing. Races are a 5 km run, a 10 km run, and a 5 km walk through the rugged terrain at the confluence of Mud Creek and the Salt River in the Pine Haven Recreation Area near Sanford, Michigan. The trail surface is natural turf, sand, or (hopefully) mud, depending upon the pre-race weather. Top finishers are determined through use of a handicap system of scoring: each entrant will have his/her actual finish time adjusted by a body type/composition factor and an age/gender factor. This handicapping allows each runner an essentially equal chance to win in his/her chosen race. Previous CRAWL winners have ranged in age from pre-teen to post-sixty. Come discover the special character of the MUD CREEK CRAWL, bring your friends and family to run or spectate. Location, scoring, and tradition (we've been doing this for more than thirty years) all combine to create a truly unusual off-road race. Join your runner friends in this unique event!

**NOTE: ONLY THE FIRST 250 REGISTRANTS WILL BE ACCEPTED !!!**

**AWARDS:** Medallion awards will be given to the top time-adjusted finish places. Actual times will be collected via chips by Miller Race Management. Awards will be presented immediately after the last participant finishes each race.

**SOUVENIRS:** Each entrant will receive a unique medallion with the MUD CREEK CRAWL name/logo cast on the front, and a neck ribbon to display the medallion.

**REFRESHMENTS:** There will be a water station on each race course, and there will also be fruit and liquids at the finish area for the participants.

**RACE LOCATION:** Pine Haven Recreation Area is at the western end of Maynard Road, off West River Road, north of Sanford. The West River Road/Maynard Road intersection is just south of the West River Road exit from US 10. There are signs to Pine Haven.

**FACILITIES:** Low-tech, man-made changing areas will be available, as will be those grown by Mom Nature; there will also be portable toilets for other essential pre-race preparations. Ample parking is available in close proximity to the start-finish area.

**RACE DAY REGISTRATION:** Pre-registered crawlers can pick up numbers and chips from 7:30 a.m. until 15 minutes before the start of the races, and late registrants can register during that time. All of the races will start promptly at 9:30 a.m. Runners are encouraged to check-in early to allow time for the body type/composition measurements used in establishing each individual's time handicap.

**RESULTS:** Results will be posted day-of-race and will be e-mailed (or mailed) to each entrant within a week.

**RACE FEES:** Registration is available via the Internet at **active.com (key words Mud Creek Crawl)**, or by sending a check or money order payable to: "MUD CREEK CRAWL". Enclose \$15.00 for each entry received by September 3; after that date and especially on the day of the race, the fee is \$20.00 per entry. A 'prior entry discount' of \$.50 per year raced (up to 8 years, or \$4.00 discount) can be taken by those who have enjoyed this race before; deduct this from your pre-registration entry fee if you are eligible (discount not available at active.com or day of race).

For more information, contact the Race Director at: P. O. Box 1226, Midland, MI 48641-1226  
or call: 989 205-2969 (C) or visit our webpages: [www.co.midland.mi.us](http://www.co.midland.mi.us)  
or visit our Facebook site at [www.facebook.com/pages/Mud-Creek-Crawl/255788895100](http://www.facebook.com/pages/Mud-Creek-Crawl/255788895100)

**NOTE: ONLY THE FIRST 250 REGISTRANTS WILL BE ACCEPTED !!!**

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**OFFICIAL ENTRY FORM/RELEASE AND INDEMNIFICATION AGREEMENT FOR THE MUD CREEK CRAWL**

(form may be duplicated)

mail to: MUD CREEK CRAWL, P.O. Box 1226, Midland, MI 48641-1226

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Name	Gender (M/F)	Age (on 9/10/11)	Phone (after 5:00 p.m.)
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Mailing address	City	State	Zip
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**RACE: !!! CIRCLE YOUR CHOICE !!!    10 km RUN    5 km RUN    5 km WALK**

RACE FEE: \$15.00 if received by September 3, 2011 (less discount, if applicable; see RACE FEES paragraph);

\$20.00 after September 3, 2011, and day-of-race.

NOTE: Make check or money order payable to "**MUD CREEK CRAWL**".

**RELEASE AND INDEMNIFICATION AGREEMENT**

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever any and all rights and claims and damages I may accrue against Midland County, any others who may be associated with this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to, from, and participating in the MUD CREEK CRAWL on September 10, 2011.

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Racer signature (parent or guardian if participant is under 18)

Date