

**THE ELEMENT RACE SERIES OFFICIAL  
REGISTRATION FORM**

Send completed form to: The Element Race Series,  
c/o Midland Community Center, 2205 Jefferson Avenue,  
Midland, MI 48640.

I will be participating in at least five of the following race series events as a  Runner  Walker:  
(Please check one box above)

- Al Kayner's St. Patrick's Day Races
- Great Lakes Loons Pennant Race
- Kate's Challenge
- Midland Community Center's Dow RunWalk
- CheeseTown Challenge
- Auburn Corn Stalk Race
- Rib Run
- MCVI Fdn. & YMCA Run For Your Heart

Shirt Size (Circle Size - Youth Large to Adult XXL):  
YL YXL AS AM AL AXL AXXL

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Sex:  Male  Female

**Incomplete or Unsigned Forms Will Not Be Accepted**  
In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race series and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by my in consideration of my association with an entry or participation in The Element Race Series event(s). I attest and verify that I am physically fit and have my physician's permission to participate in this race series. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of these events for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this race series at my own risk.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent for Those Under 18

\_\_\_\_\_  
Date

Eligibility:

The Element Race Series awards points for runners & walkers in all age categories. Participants in the series must run or walk in a minimum of five series races to be eligible for The Element Race Series awards.

Age Categories:

10 & Under	25 - 29	50 - 54
11 - 13	30 - 34	55 - 59
14 - 16	35 - 39	60 - 64
17 - 19	40 - 44	65 - 69
20 - 24	45 - 49	70+

Awards are given to:

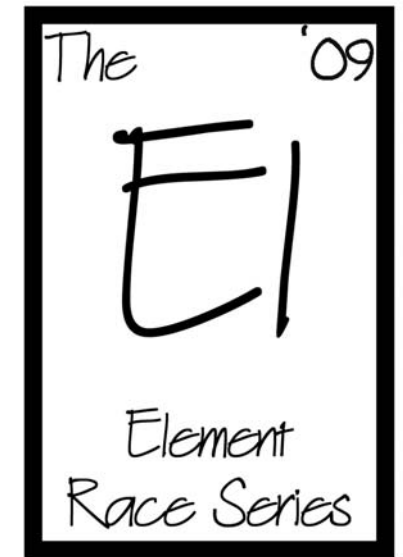
- Overall Male & Female in the Under 40 and Masters Divisions
- Top Runners & Walkers in each age division (age as of the last race on 9/12/09) Overall winners not eligible
- Participants who complete at least five races
- In the event of a tie, the Midland Community Center's Dow RunWalk will be the tie-breaking race

Awards & prizes can be picked up at the Midland Community Center after September 12th.

Prizes:

- Gift Certificates and Prizes to the top finishers
- The Element Race Series '09 T-shirts

2205 Jefferson Avenue  
Midland, MI 48640



Presented by:



# The Element Race Series '09

The Element Race Series, presented by the Midland Community Center, is back for its second year! The race series now includes eight events offering a multitude of races to choose from. *Please note:* 1 Mile Run's are not included in The Element Race Series.

The Element Race Series registration is FREE. **Participants MUST REGISTER FOR EACH RACE INDIVIDUALLY AND PAY THE APPROPRIATE RACE FEE.** Complete The Element Race Series registration by March 29th to receive bonus points for the first race. At the end of the race series, individuals who accumulate the most points receive awesome gift certificates and prizes.

## How to Earn Points:

- Receive 10 bonus points for registering for The Element Race Series by March 29th
- Receive 10 points for each race completed
- Finish within the top 10 of your age category (at each race) and receive points as follows:

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
100	90	80	70	60	50	40	30	20	10

- Points will be awarded to Overall and Masters winners based on each individual race
- Bonus points will be awarded to those who complete six or more races as follows:
  - 20 points for completing six races
  - 30 points for completing seven races
  - 40 points for completing all eight races

Accumulate points to win. There are no duplications of prizes.

(Continued on reverse side)

## Al Kayner's St. Patrick's Day Races

Sunday, March 22nd (11:45 AM)  
913 Washington Avenue  
Downtown Bay City

- 8K Run
- 5K Run
- 5K Walk



[www.barc-mi.com/StPats09.html](http://www.barc-mi.com/StPats09.html)

## Great Lakes Loons Pennant Race

Saturday, April 18th (11:00 AM)  
825 East Main Street, Midland  
Dow Diamond

- 5K Run
- 5K Walk



<http://www.eteamz.com/LoonsPennantRace>

## Kate's Challenge

Saturday, May 9th (8:30 AM)  
Essexville  
St. John's Elementary  
School

- 5K Run
- 5K Walk



[www.katesrace.com](http://www.katesrace.com)

## Midland Community Center's Dow RunWalk

Saturday, June 6th (8:00 AM)  
2205 Jefferson Avenue  
Midland Community Center

- 10K Run
- 5K Run
- 5K Walk



[www.MyMCC.org](http://www.MyMCC.org)

## CheeseTown Challenge

Saturday, June 20th (6:00 PM)  
Pinconning  
Pinconning High School

- 5 Mile Run
- 2 Mile Run
- 2 Mile Walk



[www.cheesetownraces.org](http://www.cheesetownraces.org)

## Auburn Corn Stalk Race

Thursday, July 16th (6:30 PM)  
Auburn  
Western High School

- 5K Run
- 5K Walk



[www.barc-mi.com](http://www.barc-mi.com)

## Rib Run

Saturday, August 8th (10:30 AM)  
Bay City  
Veteran's State Park

- 5K Run
- 5K Walk

<http://www.piggig.com/dow5k.php>

## MCVI Foundation & YMCA of Saginaw Run For Your Heart

Saturday, September 12th (8:00 AM)  
1015 South Washington Avenue  
Saginaw

- 10K Run
- 5K Run
- 5K Walk



<http://www.mcvl.com>

## Standings:

The overall standings after each race will be calculated and displayed on The Element Race Series website.

<http://RaceSeries.MyMCC.org>

## More Information:

For further information or a complete list of rules, please visit us on the web at <http://RaceSeries.MyMCC.org> or at [www.MyMCC.org](http://www.MyMCC.org). You can also contact Carla Budinsky, The Element Race Series Coordinator, at [raceseries@mymcc.org](mailto:raceseries@mymcc.org).

