



THE STREAK



Ann Arbor Track Club Newsletter

2016

DEXTER — ANN ARBOR RACE INFORMATION

RACE WEEKEND PROGRAM • JUNE 4TH — JUNE 5TH

SCHEDULE OF EVENTS

- 3:00 PM — JUNE 4 KID'S RUN
- 7:50 AM — JUNE 5 10K RUN/WALK
- 8:00 AM — JUNE 5 5K RUN/WALK
- 8:30 AM — JUNE 5 HALF MARATHON

KIDS RACE

WHEN AND WHERE IS THE KIDS RACE?

The Kids Race will be held at 3:00 pm on June 4th at Skyline High School. Registrations are accepted up until 2:45 pm. Registration is \$12 on race day and \$12.00 online. For more information go to the "Race Info" tab on our Website.

START LOCATIONS

WHERE DO THE RACES START?

The **Half Marathon** start is at: Creekside Intermediate School, 2615 Baker Drive, Dexter. The **5K** and **10K** races both start in downtown Ann Arbor on North Main Street near Kingsley. **No bus rides are required for the 5K or 10K!** If you arrange to be dropped off at the start, be sure to arrive at least 45 minutes prior to the start due to crowds and slow traffic.

PARKING

WHERE CAN I PARK ON RACE DAY?

There are numerous lots and parking decks in downtown Ann Arbor. For a map showing the locations, go to <http://bit.ly/1IObyNp>

The race activity is located in the area of the Ann & Ashley Parking Deck.

SUGGESTED ARRIVAL TIMES

WHAT TIME SHOULD I ARRIVE ON RACE DAY?

It is recommended you arrive as early as possible to obtain nearby parking, and bus transfers to the half marathon. **We recommend arriving by 6:45 am.**

SHUTTLE BUS INFO

ARE THERE SHUTTLE BUSES AVAILABLE TO GET TO THE STARTING LINE?

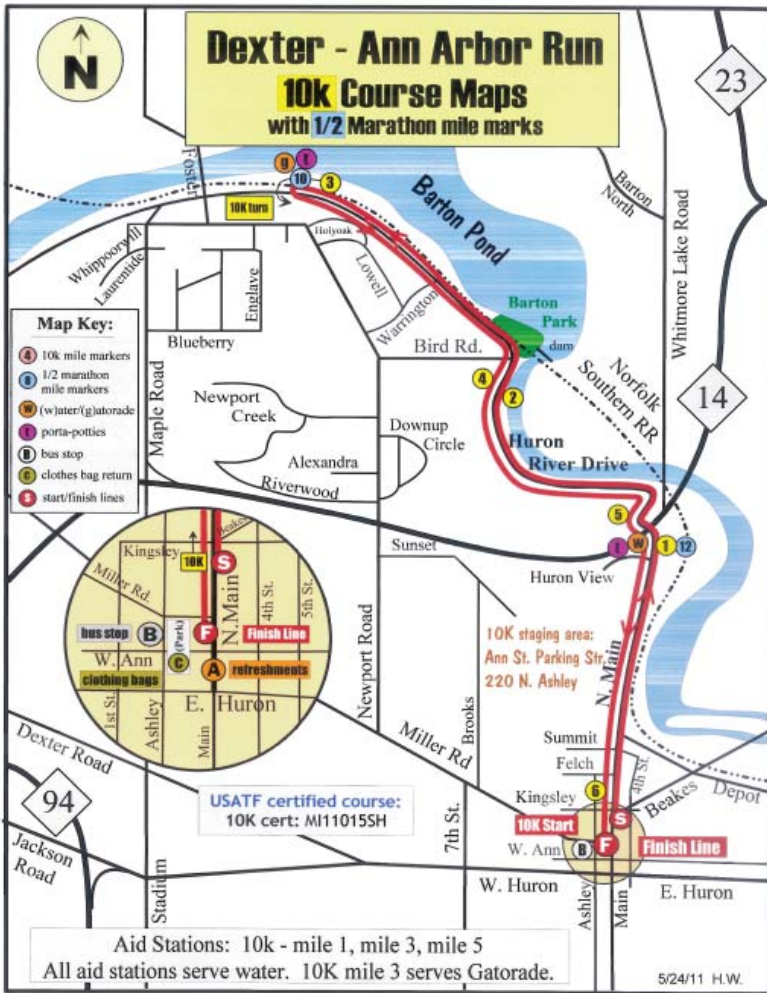
Yes. There are shuttles to the half marathon. (The 5K and the 10K start in downtown AA.) The buses line up on Ashley between Miller Street and W. Huron Street at 6:00am to 7:45am (Half starts at 8:30am) **THERE ARE NO RETURN SHUTTLES AFTER THE EVENT.**

PACERS

ARE THERE PACERS ON THE COURSE?

Yes, but pacers will be available only for the **Half-Marathon**. Look for the pace per mile signs in the starting area. Pacers will be near those signs.

MAP - 10K



MAP - 5K



MEDICAL TENT

IS THERE A MEDICAL TENT?

Yes. A staffed medical tent is located on Main Street near the Washtenaw County Court House. First Aid workers will be on the courses and downtown to assist anyone with a medical problem.

FINISH LINE PARTY

After the event, enjoy snacks and refreshments (thanks to Busch's and Zingerman's), music, and head over for a cold Wolverine State Brewing Company beer at the beer tent near the Finish Line!

DROP GEAR BAG LOGISTICS

IS THERE A BAG DROP OFF AREA FOR RUNNER'S GEAR?

Yes. The bag drop off area for the **5K and the 10K** is in the Ann & Ashley parking deck, near the Registration area. For the **Half Marathon**, the drop off area will be at the start area. Small plastic bags are provided at the staging areas for each race. You may also use your own athletic bag. Your name and bib number must be clearly printed on the bag. Do not leave valuables, breakable items or car keys in the bags. The AATC is not responsible for lost or stolen items from clothing bags. **Pick up** for all bags is in the Ann & Ashley parking deck. For more details see "Clothing Bag Protocol" in the "Rules of the Road" in the GENERAL INFORMATION section on our website Home Page.

AWARDS

Overall Male, Female and Masters are **presented** after the completion of each race (see schedule on web-site).

Age group **results** are posted on the wall of the Washtenaw County Court House, located on Main and Ann Street.

Results will be posted shortly after most participants have finished each race. Updated postings will be made continuously. Age group **awards** are handed out at the Awards Tent in the Liberty Title parking lot, located on Main across from the Washtenaw County Court House. Check the postings, and If you are 1st, 2nd, or 3rd in your age group, come to the tent to pick up your award.

Ann Arbor - RRCA's Outstanding Runner Friendly Community, 2015

The Road Runners Club of America's Runner Friendly Community Program recognizes communities that support local runners and the sport of running. As President of the Ann Arbor Track Club, I am proud to say that in 2015, the RRCA, based on an application filed by the Ann Arbor Track Club, designated the City of Ann Arbor as an RRCA Runner Friendly Community.

On March 18, 2016, in Dallas, Texas, the RRCA designated the City of Ann Arbor as the RRCA's Outstanding Runner Friendly Community for 2015. This award recognizes the most outstanding runner-friendly community among all the communities that were designated by the RRCA as Runner Friendly Communities in 2015.

On April 29, 2016, on behalf of the Ann Arbor Track Club, I presented a plaque commemorating Ann Arbor's designation as the RRCA's Outstanding

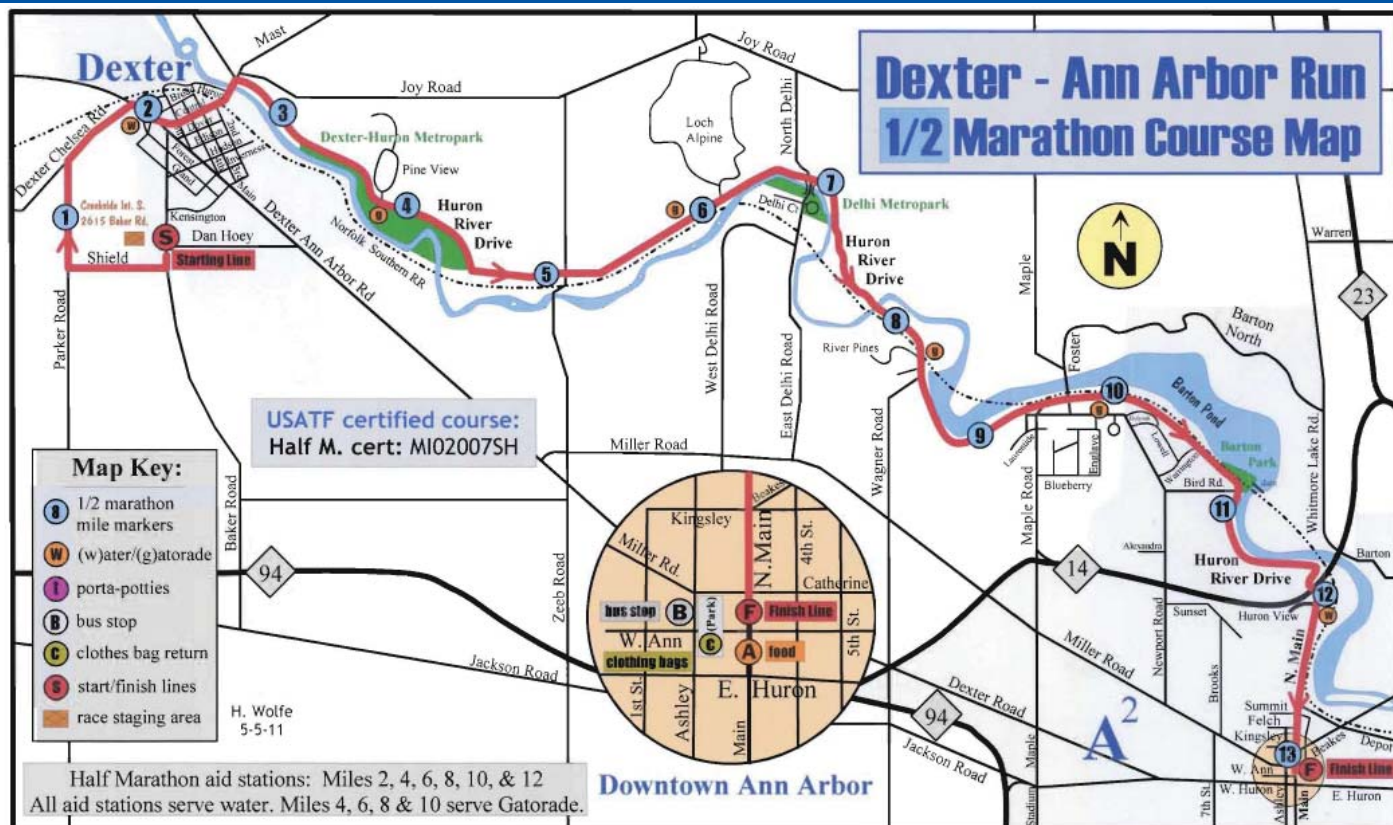
Runner Friendly Community for 2015 to Ann Arbor Mayor Christopher Taylor.

This is a singular achievement in the history of the City of Ann Arbor. I thank the City of Ann Arbor for the part it played in earning this award, and I encourage other runner-friendly communities across the United States to apply to the RRCA for Runner Friendly Community designation.

I welcome all runners, volunteers, and supporters to the 2016 Dexter-Ann Arbor Run and to Ann Arbor, America's Outstanding Runner Friendly Community for 2015.

Ann Arbor Track Club President, Mitchell Garner

MAP - HALF MARATHON



THANK YOU SPONSORS



Ann Arbor Track Club Mission

To promote fitness, friendship, and fun for all ages through running, walking, and track and field activities.

Benefits

- Improve your performance through club workouts, training events, and races
- Participate in improving the AATC
- Meet new people who share your passion for fitness and fun
- Serve the community through club event participation
- Receive discounts on club events and running/walking stuff at participating local retailers

How to Join

Join or renew online at: <http://www.aatrackclub.org/join-now> Or print, fill-out, and mail-in the form on the Membership Application brochure. Annual fees: \$30 for adults, \$40 for families, \$20 for students (<23 yrs.old); multi-year discounts are available.

Ann Arbor Track Club Adult Weekly Workouts

Tuesday, 7:00 pm — **Track Workout**

Location: U of M Track, behind Intramural Bldg. **Distance:** Intervals.

Workouts posted on website. See summer dates for Gallup Park. Contact: Stani Bohac sbohac@umich.edu

Thursday, 10:00am — **Parent's Run**

Location: Mallett's Creek Library, 3090 Eisenhower Pkwy. **Distance:** 2-5 miles. Trails, park, stroller friendly.

Distance: 2-3 miles. Trails, hills, or Gallup Park. **Contact:** Meghan O'Neil meganoneilphd@gmail.com

Thursday, 6:30pm — **Thursday Run**

Location: Michell Field, 1900 Fuller Road. **Distance:** 6-8 miles. Trails, hills, or Gallup Park.

Contact: Corin clbowen@umich.edu

Sunday, 8:30 am — **Kerry Town Run**

Location: Sweetwaters, 407 N. Fifth St. **Distance:** 6-10 miles. Routes vary. **Contact:** Renee nilanr@aol.com

Ann Arbor Track Club Information

Officers: President – Mitchell Garner, Vice President – Reed Swanson, Treasurer – James Edwards, Secretary – Ellen Nitz

Board of Directors: Wally Hayes, Brian Harreld, Mike Manz, Jonathan Miller, Robert Newman, Meghan O'Neil, Craig Ringbloom, Diane Scarpace, Nancy Yvanuskas

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