

Ready, set, go!

Summer is race time in mid-Michigan. Whether it's a 5K, 10K, duathlon or triathlon, chances are there is one happening in your town at some point. Not all races are created equal though. Depending on a participant's fitness level, race experience and expectation, each area race has plenty to offer. Our list has been compiled and edited, combining events from the area's best race directors and race Web sites with our format.

Our guide, the Healthy & Fit Magazine 2009 Race Guide, was designed to be pulled out of the magazine and displayed on your office wall, as an easy-to-read reference.

Pick out your race this summer, train hard and get fit. We'll be rooting for you!

5 Races you don't want to miss!

Delta Twp. Library Run for Reading 5K (April 11, Lansing)

This race is perfect for first time walkers/runners as well as experienced walkers/runners. Each year this race draws crowds that come to support a local library, and it's growing.

Mason State Bank 5K (May 1, Mason)

As one of the area's oldest races, it never disappoints. This fun event features plenty for the family and a hill finish that will take your breath away. Proceeds go towards the Mason Public Schools.

South Church Fitness 5K (May 29, Lansing)

Started just a few years ago, this race has it all - a great course, music and activities for the kids. Proceeds benefit the Hope Day Center to help those who need help finding housing, improving their resume and finding employment.

Lake Lansing North Trail 10K (Oct. 31, Haslett)

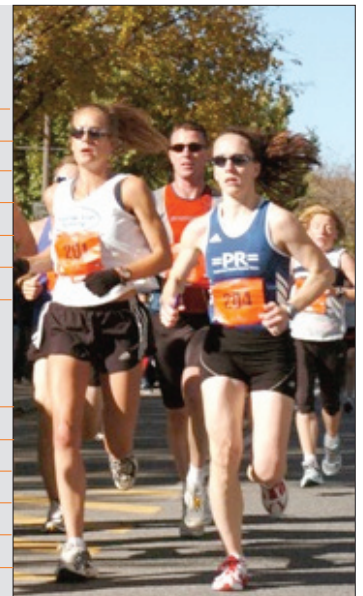
Awesome course and a race that was put together by runners. In it's second year, the race is sure to be a local favorite. The trail is a stunning run along open fields, sheltered pine forests and raised boardwalks.

Half Marathons & Marathons

DATE	NAME	LOCATION	TO REGISTER
04.25.09	Borgess Run for Health Half-Marathon/5K	Kalamazoo	www.borgessrun.com
04.26.09	Running Fit Trail Marathon/Half-Marathon	Pinckney	www.trailmarathon.com
05.23.09	Bayshore Marathon/Half-Marathon/10K	Traverse City	www.bayshoremarathon.com
05.31.09	Dexter-Ann Arbor Half-Marathon/10K/5K	Ann Arbor	www.dexterannaborrun.com
09.19.09	North Country Trail Marathon/50-mile	Manistee	www.stridersrun.com/race.htm
09.27.09	Capital City River Run Half Marathon/5K	Lansing	www.ccriverrun.org/contact.html
10.18.09	Detroit Free Press Marathon/Half-Marathon	Detroit	www.detroitmarathon.com
10.18.09	Grand Rapids Half Marathon/Marathon	Grand Rapids	www.grandrapidsmarathon.com

Triathlons & Duathlons

05.31.09	Hawk Island Triathlon/Duathlon	Lansing	www.hawk-i-tri.com
06.07.09	Bikesport Ann Arbor Triathlon/Duathlon	Pinckney	www.eliteendeavors.com/
06.21.09	Bikesport Torn Shirt Triathlon/Duathlon	Brighton	www.eliteendeavors.com/
07.12.09	Bikesport Waterloo Triathlon/Duathlon	Grass Lake	www.eliteendeavors.com/
07.19.09	Bikesport Clark Lake Triathlon/Duathlon	Clark Lake	www.eliteendeavors.com/
08.09.09	Lansing Legislator Triathlon/Duathlon	Laingsburg	www.3disciplines.com
10.31.09	Westside YMCA Booathlon Duathlon	Pottsville	Jberwald@YMCAoflansing.com



5Ks and 10Ks

DATE	NAME	LOCATION	SIZE	WALKERS	TO REGISTER
FEBRUARY					
02.01.09	Super Bowl 5K	Okemos	Medium	Yes	runningfoundation.com
02.15.09	Heart Throb 5K	East Lansing	Medium	Yes	msutriathlon.com/heartthrob5K
02.28.09	Valley Farms Baptist 5K	Lansing	Small	Yes	wwn_freeman@yahoo.com
MARCH					
03.21.09	Tower Guard Shamrock 5K	East Lansing	Medium	Yes	www.msu.edu/~towergrd/
03.28.09	Ronald McDonald Run for the House 5K	Lansing	Large	Yes	www.rmhmm.org/
APRIL					
04.04.09	Trot for the Troops 5K	East Lansing	Small	Yes	www.msu.edu/~bek
04.04.09	Running for Access to Care for Everyone 5K	East Lansing	Small	Yes	Playmakers.com
04.05.09	Kappa Delta 5K	East Lansing	Small	Yes	corrive7@msu.edu
04.11.09	Delta Twp. Library Run for Reading 5K	Lansing	Medium	Yes	www.dtdl.org/?page_id=173
04.19.09	MSUFCU Race for the Place 5K	East Lansing	Large	Yes	msufcu.org/p_safeplace.html
04.12.09	MSU Law 5K	East Lansing	Small	Yes	fletc119@msu.edu
04.25.09	Steps for Courage 5K	Owosso	Small	Yes	davepams@tir.com
04.25.09	Borgess Run for Health Half-Marathon/5K	Kalamazoo	Medium	Yes	www.borgessrun.com/
04.26.09	Chase for Charity 5K	East Lansing	Small	Yes	www.chaseforcharity.com
04.26.09	Komen Greater Lansing Race for the Cure 5K	Lansing	Very Large	Yes	komengreaterlansing.org
MAY					
05.01.09	Mason State Bank 5K	Mason	Large	Yes	1.517.676.1046
05.02.09	Families of Spinal Muscular Atrophy 5K	Lansing	Medium	Yes	hollyschafer@comcast.net
05.02.09	St. Gerard Run/Walk/Rock 5K	Lansing	Small	Yes	srentz@comcast.net
05.09.09	Laingsburg Lions Festival 5K	Laingsburg	Small	Yes	www.runningfoudation.net
05.09.09	Fifth Third Riverbank 25K/10K/5K	Grand Rapids	Large	Yes	www.53riverbankrun.com
05.16.09	Capitol Bancorp 5K	Lansing	Large	Yes	capitolbancorp5K.com/mi/
05.23.09	Alma Highland Festival 5K/8-mile	Alma	Large	Yes	almahighlandfestival.com/
05.23.09	Bayshore Marathon/ Half-Marathon/10K	Traverse City	Large	Yes	www.bayshoremarathon.com
05.25.09	Lest They Be Forgotten 10K	Webberville	Small	Yes	www.webbervilleschools.org
05.25.09	Bigfoot Memorial Day Challenge 8K/5K	Dansville	Medium	Yes	midmichmech@core.com
05.29.09	South Church Fitness 5K	Lansing	Large	Yes	tony.olds@gmail.com
05.30.09	Lap for LAP 5-mile/5K	Lansing	Small	Yes	www.laprespitcenter.org
05.31.09	Community Dream 5K	Lansing	Small	Yes	www.thecommunitydream.org
05.31.09	Dexter-Ann Arbor 10K/5K	Ann Arbor	Large	Yes	www.dxa2.com/
JUNE					
06.05.09	Cooley Law School Race for Education 5K	Lansing	Large	Yes	www.cooley.edu/race/
06.06.09	Curwood Festival 10K/5K	Owosso	Medium	Yes	www.curwoodfestival.com
06.13.09	Ally Brunk Memorial 5K	Porterville	Medium	Yes	brunkdb@pps.k12.mi.us
06.14.09	Pewamo St. Joseph 5K	Pewamo	Medium	Yes	kramerklan8@hotmail.com
06.17.09	Twilight 5K	Lansing	Medium	Yes	www.runningfoundation.com
06.20.09	Josh Spalsbury Memorial Comet Chase 5K	Grand Ledge	Medium	Yes	5Kcometchase.com/
06.20.09	Antioch's Get Healthy Now 5K	Lansing	Small	Yes	www.runningfoundation.org
06.20.09	Michigan Brewing Company Beer Run 5K	Webberville	Medium	Yes	www.michiganbrewing.com/
06.21.09	Father's Day Run for Recovery 5K	Charlotte	Small	Yes	recovery2008@sbcglobal.net
06.27.09	Max's Race 5K	East Lansing	Large	Yes	www.maxsrace.com
06.28.09	Eaton Rapids Historical Society DAM 5K	Eaton Rapids	Small	Yes	bentleye@michigan.gov

DATE	NAME	LOCATION	SIZE	WALKERS	TO REGISTER
JULY					
07.04.09	St. Mary's 5-mile/5K	Westphalia	Medium	Yes	wirthj2003@yahoo.com
07.04.09	Coach K 5K	St. Louis	Small	Yes	www.geocities.com/coachk5k/
07.11.09	Elsie Dairy Dash 5K	Elsie	Medium	Yes	laurabraun@hughes.net
07.17.09	Leslie 5K	Leslie	Small	Yes	7pepper@sbcglobal.net
07.19.09	Meridian Plumbing's Fight Hunger 5K	Okemos	Small	Yes	www.themeridianadvantage.net
07.19.09	Kiwanis Island Run 5K	Eaton Rapids	Small	Yes	CWATL24055@aol.com
07.25.09	Ionia Free Fair 5K	Ionia	Small	Yes	MPainter@ci.ionia.mi.us
07.25.09	Go for SLO 5K	Fowler	Small	Yes	asthelen@gmail.com
07.26.09	Ele's Place 5K	Okemos	Large	Yes	www.elesplace.org
AUGUST					
08.01.09	Legend 5-mile/10-mile	Laingsburg	Medium	Yes	www.runlegend.com/
08.01.09	Crystal Run the Lake 5K	St. Louis	Small	Yes	janetc@montcalm.edu
08.01.09	Sunfield IGA 5K	Sunfield	Small	Yes	chrisw@budlight.com
08.02.09	Bath Trail Run 5K	Bath	Small	Yes	runbathrun@hotmail.com
08.08.09	Run Thru Hell 4.8 and 10-Mile	Pinckney	Large	Yes	www.gaultracemanagement.com
08.08.09	Mint City 10-Mile/5K	St. Johns	Medium	Yes	www.mintcity10miler.com
08.14.09	Howell Melon Run 10K/5K	Howell	Large	Yes	bschrader@howellrecreation.org
08.15.09	Origami 5K	Mason	Small	Yes	jpasceo@origamirehab.org
08.09.09	Leg it for Life 5K	East Lansing	Medium	Yes	www.legitforlife.org
08.21.09	Child Benefit Fund 5K	Lansing	Small	Yes	ljrobinson@ingham.org
08.22.09	Crim 10-mile/8K/5K	Flint	Large	Yes	www.crim.org/
08.22.09	Ithaca Fun Fest 5K	Ithaca	Small	Yes	toddcrawfordslf@yahoo.com
08.25.09	Two-Headed Monster 5K	Lansing	Small	Yes	coachsimpson@lcc.running.com
08.29.09	Jacob's Race 5K	Laingsburg	Small	Yes	mnthelen38@yahoo.com
08.29.09	Grand Woods Park Trail 5K	Lansing	Small	Yes	www.runningfoundation.com
SEPTEMBER					
09.05.09	Shared Pregnancy/Labor of Love 5K	Lansing	Small	Yes	sharedpregnancy@msn.com
09.07.09	Labor Day Run for Recovery 5K	Charlotte	Small	Yes	recovery2008@sbcglobal.net
09.12.09	Live Life Nspired Frontier Days 5K	Charlotte	Small	Yes	www.hgbhealth.com
09.12.09	Run Drugs Out of Town 5K	Howell	Medium	Yes	daydra@sbcglobal.net
09.13.09	Kellie Sebrell Memorial Trail 5K	DeWitt	Medium	Yes	gap_711@comcast.net
09.13.09	Sparrow Women Working Wonders 5K	Lansing	Medium	Yes	dana_zecchino@yahoo.com
09.19.09	Shiawassee County on the Move 5K	Owosso	Small	Yes	bird@owosso.k12.mi.us
09.19.09	Rambler Run 5K	Perry	Small	Yes	ramblerun@hotmail.com
09.20.09	Playmakers Autumn Classic 8K	Haslett	Large	Yes	www.Playmakers.com
09.27.09	Capital City River Run 5K	Lansing	Large	Yes	www.ccriverrun.org
OCTOBER					
10.04.09	MSUFCU Dinosaur Dash 5K	East Lansing	Large	Yes	museum.msu.edu/events
10.10.09	Cruisin for a Cure 5K	Grand Ledge	Small	Yes	micksloan@comcast.net
10.11.09	Pumpkin Trot 10K/5K	St. Johns	Small	Yes	geokath@voyager.net
10.11.09	Portland St. Patrick Festival 5K	Portland	Small	Yes	www.Playmakers.com
10.18.09	Detroit Free Press 5K	Detroit	Large	Yes	www.detroitmarathon.com
10.18.09	East Lansing Pumpkin Trot 5K	East Lansing	Medium	Yes	www.runningfoundation.com
10.25.09	Follow the Road to Broad East Business School 5K	East Lansing	Small	Yes	broad5K@gmail.com
10.31.09	Lake Lansing North Trail 10K	Haslett	Small	Yes	chris.holzer@earthlink.net
NOVEMBER					
11.01.09	Spartan Trail 5K	Lansing	Small	Yes	msurunning@gmail.com
11.08.09	Burg Run Trail 10K/5K	Laingsburg	Small	Yes	www.leaf4kids.com/theburgrun
11.14.09	Woldumar Nature Center 10K/5K	Lansing	Small	Yes	www.woldumar.com
11.26.09	Lansing Turkeyman Trot 5K	Lansing	Large	Yes	www.runningfoundation.com
11.27.09	Fantasy of Lights 5K	Howell	Large	Yes	johnson.ms@comcast.net
DECEMBER					
12.04.09	Dashing Through the Snow 5K	Fowlerville	Small	Yes	ashley_mrspt@yahoo.com
12.12.09	Jingle Belle Women's 5K	Lansing	Medium	Yes	www.dtdl.org/?page_id=97