

GOLD SPONSORS



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**ALMA HIGHLAND FESTIVAL
SERIES OF RACES**
8 Mile Run • 5K Run/Walk • Kids Fun Run Races • Saturday, May 23, 2009 • 8:30 am

SPONSORED BY:

Gratiot Medical Center
An Affiliate of MidMichigan Health

LOCATION: Start and finish on W. Superior Street in front of the Tyler Van Dusen Building (next to the chapel steeple) on the Alma College campus. See map on back.

TIME: Kids Fun Run Races begin at 8:45 am. 5K and 8 Mile Runs begin at 9:15 am. 5K Walk begins at 9:18 am.
Arrive early! The city of Alma closes numerous streets in preparation for the Highland Festival races and parade. If you plan to register on race day, please allow additional time to register due to the street closings and the numerous amount of runners attempting to register at the same time.

COURSE: Flat and fast! Race precedes the Highland Festival Parade. Your start and finish will be cheered on by **30,000+ spectators**. Showers available after the race.

REGISTRATION: Register online at Active.com or mail in this entry form along with payment.

Early registration and packet pick up: Friday May 22, Tyler Van Dusen Building, 4:00 pm - 7:00 pm
Race day registration: Tyler Van Dusen Building, 6:00 am - 8:30 am. Please arrive early.
Late registrants cannot be guaranteed teeshirts and swag items.
All participants will receive a free one-day pass to the Alma Highland Festival grounds (a \$15 value).

8MILE RUN, 5K RUN/WALK

\$25 Pre-registered, postmarked by May 1

\$30 Pre-registered, postmarked by May 20 (*No mail-in registrations accepted after May 20*)

\$35 Race day registration

KIDS FUN RUN RACES

\$15 Pre-registered, postmarked by May 15

\$20 May 16 to race day

Kids will be grouped by age (0-14 years) for appropriate distances of 50 meters to 1,000 meters on the parade route. All participants of the Kids Fun Run Races will receive a T-shirt, medal, drinks and snacks after their race.

AWARDS: Awards to the top five runners in each age group. Awards to top male and female in overall and masters divisions. Awards to top male and female finishers in the 8 Mile Run. Awards to top five male and female finishers in the 5K Walk. Medals awarded to all Kids Fun Run participants.

INFORMATION: www.almahighlandfestival.com or please call Craig Tubbs (989) 463-2181

MAIL ENTRY FORM TO: Alma Highland Festival, c/o Craig Tubbs • 5135 Redstone • St. Louis, MI 48880
Make checks payable to Alma Highland Festival

Gender: M F

Age Groups (please check one):

Kids Fun Run	5K Run/Walk	8 Mile Run
<input type="checkbox"/> 0 - 2	<input type="checkbox"/> 11 - 14	<input type="checkbox"/> 11 - 14
<input type="checkbox"/> 3 - 5	<input type="checkbox"/> 15 - 19	<input type="checkbox"/> 15 - 19
<input type="checkbox"/> 6 - 8	<input type="checkbox"/> 20 - 24	<input type="checkbox"/> 20 - 24
<input type="checkbox"/> 9 - 11	<input type="checkbox"/> 25 - 29	<input type="checkbox"/> 25 - 29
<input type="checkbox"/> 12 - 14	<input type="checkbox"/> 30 - 34	<input type="checkbox"/> 30 - 34
	<input type="checkbox"/> 35 - 39	<input type="checkbox"/> 35 - 39
	<input type="checkbox"/> 40 - 44	<input type="checkbox"/> 40 - 44
	<input type="checkbox"/> 45 - 49	<input type="checkbox"/> 45 - 49
	<input type="checkbox"/> 50 - 54	<input type="checkbox"/> 50 - 54
	<input type="checkbox"/> 55 - 59	<input type="checkbox"/> 55 - 59
	<input type="checkbox"/> 60 - 64	<input type="checkbox"/> 60 - 64
	<input type="checkbox"/> 65 +	<input type="checkbox"/> 65 +

T-shirt (adult sizes):

S M L XL XXL

Fun Run T-shirt (youth sizes):

S M L Adult Small

Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____ **Age on 5/23/09:** _____

Email: _____

8 MILE RUN: \$25 P.M. by May 1 \$30 P.M. by May 20 \$35 Race day _____

5K RUN: \$25 P.M. by May 1 \$30 P.M. by May 20 \$35 Race day _____

5K WALK: \$25 P.M. by May 1 \$30 P.M. by May 20 \$35 Race day _____

KIDS FUN RUN: \$15 through May 15 \$20 May 16 - Race day _____

TOTAL AMOUNT ENCLOSED: _____

In consideration of accepting this entry form, I hereby intend to be legally bound for myself, my heirs, my executors and administrators, waive and release all rights and claims for damages I may accrue against Alma Highland Festival, the sponsors of this event, it's agents, representatives, successors and assigns for any and all injuries suffered by me at said run, or which may arise out of traveling to, participating in and returning from the event.

Signature: _____ Date: _____

Parent/Guardian signature if under 18: _____

Gratiot Medical Center

An Affiliate of MidMichigan Health

Gratiot Medical Center is pleased to be the major sponsor of the Highland Festival Series of Races to be held on the campus of Alma College. Before the race, we will be hosting a community health fair offering FREE health screenings to all runners, walkers and family members. We hope you can join us. See you there!

COURSE RECORDS:

MEN'S 5K RUN:
Jason Jaloszynski
Time: 15:26.7

WOMEN'S 5K RUN:
Shannon Audretsch
Time: 18:01.5

NEW 8 MILE RACE!

A new event this year in the Alma Highland Festival Series of Races is an 8 Mile race. This new run will test the staying power of runners over a beautiful new course. Runners will begin on the traditional "Parade Route", but at approximately 2.5 miles into the race will diverge from the 5K course and turn onto the Fred Meijer Heartland Trail. The route runs out and back over approximately 2.5 miles of this trail before joining the final 0.5 mile of the 5K course. This new linear park is a beautiful section of trail that when completed will stretch from Alma to Edmore before turning south to Greenville. From there other trails connect to Grand Rapids. The 8 mile race will be contested solely on asphalt road and trail. Come enjoy a fantastic venue for a race!

PARKING

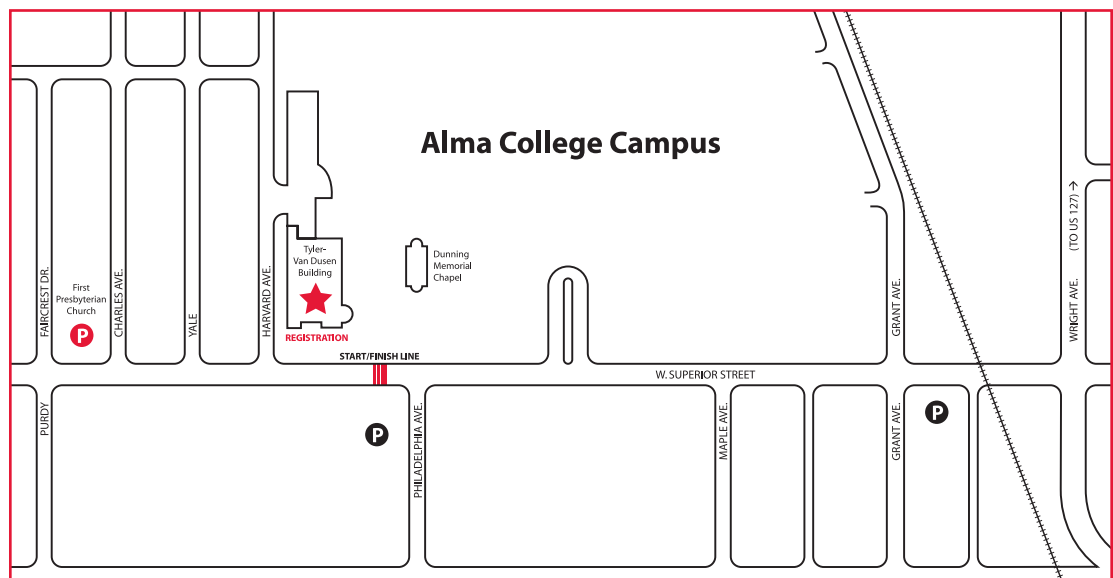
Preferred parking has been arranged for runners, walkers and their families at the First Presbyterian Church located at the corner of W. Superior and Charles (see map). Parking is free, but donations are accepted to support their Youth Ministries Program.

ARRIVE EARLY!

The city of Alma closes numerous streets in preparation for the Highland Festival races and parade. If you plan to register on race day, please allow additional time to register due to the street closings and the numerous amount of runners attempting to register at the same time.

GET FIT! HAVE FUN!

Come Run or Walk with us and enjoy the best swag items of any race in Michigan! Then stay and enjoy the great family venue of the Alma Highland Festival!



The Alma Highland Festival is one of the nation's premiere Scottish Festivals, celebrating Alma's rich Scottish heritage. Now, in its 42nd year, the Festival is a two-day event filled with world-class Highland Dance competitions, Bagpipe and Drumming, Scottish athletic events, multiple music venues displaying Scottish talent, children's games, reenactment events, craft shows and much more. Many families enjoy the Festival Race and then spend the rest of the day, or the entire weekend at the Festival events. Come see why Alma is known as Scotland USA!

