

## ABOUT OUR RACE

The National Blueberry Festival 5K Run/Walk has been a part of the festival since its inception 48 years ago. South Haven Health System has proudly sponsored this race for many years, with our Foundation taking over the race last year. Funds from the race will allow the Foundation to carry out its mission which is to serve those who are economically disadvantaged, as well as our neighbors and our children, through free health screenings, affordable health care, and access to professional services. Thank you for joining us for this wonderful event to benefit the Foundation. Best wishes for a great run/walk!

### Prizes

#### Medals will be awarded for:

- 5K Run: Top three male/female finishers in each age group (14 different age groups - see entry form)
- 5K Walk: Top three male/female finishers in each age group (3 different age groups - see entry form)

Trophies will be awarded to:

- Open male and female runner (overall winners)
- Masters male and female runner (40 years old and over)

## MICHIANA FRUIT BELT SERIES

The Michiana Fruit Belt Series is your chance to participate in helping “grow” the fruit industries of Michiana (Michigan and Indiana)! As the country relies on much of the great fruit from Michiana, your participation will help promote Michiana’s great fruit and it’s growers to the surrounding states of IN, IL, WI as well as broaden the awareness outside the tri-states with the participation of out-of-tri-state runners & walkers.

A 2011 Michiana “Fruit Belt Series” Commemorative Coin Award will be given to qualifiers who post a finish time in all five (5) of the following Michiana “Fruit Belt Series” runs & walks...

**June 11, 2011: Hartford, MI Cherry Run**

**July 2, 2011: Watervliet, MI Ed Bednarowski Memorial Cherry Run**

**August 6, 2011: Coloma, MI Glad-Peach Run**

**August 13, 2011: South Haven, MI Blueberry Run**

**September 10, 2011: Paw Paw, MI Grape Lake Run**

(Qualifiers will be awarded their coin at the Grape Lake Run in Paw Paw, Michigan on September 10.)

SOUTH HAVEN HEALTH SYSTEM

955 South Bailey Avenue  
South Haven, MI 49090  
[www.sh-hs.org](http://www.sh-hs.org)

An official event of the 48<sup>th</sup> National Blueberry Festival



SOUTH HAVEN  
HEALTH SYSTEM  
FOUNDATION

# SOUTH HAVEN HEALTH SYSTEM FOUNDATION BLUEBERRY 5K RUN/WALK

## Starting Times/Distance

- 8:00 am - 5K Competitive Run
- 8:05 am - 5K Competitive Walk

## Registration

All entries to be mailed to:  
 Race Director  
 South Haven Health System  
 955 S. Bailey Avenue  
 South Haven, MI 49090

Register online at  
[www.classicrace.com](http://www.classicrace.com)  
 Early Registration Fee  
**\$20.00**  
 Fee after July 30  
 until race day  
**\$25.00**

## Packet Pick-Up Locations

- Friday, August 12 from 10:00 am until 1:00 pm  
 SHHS Foundation Health Fair @ the Huron Street Pavilion
- Friday, August 12 from 5:00 pm until 7:00 pm  
 Dyckman Park Gazebo, downtown, next to  
 the South Haven Visitors Bureau/Huron Street Pavilion
- Saturday, August 13 (Race Day) from 7:00 am until 7:45 am  
 at Riverfront Marina

## Timing

The 2011 Blueberry Festival Run will use the ChronoTrack timing system. The ChronoTrack D-Tag is inserted under the shoe laces and records your time from the moment you cross the start line until you reach the finish line. Each participant will receive their shoe tag along with their bib number. You must wear the tag on your shoe in order to be timed. No tag; no time.

**\*\*Please note: participants cannot use their own chip; you must use the disposable tag provided in your race packet.**

## 5K Walk

For safety purposes, walkers should line up behind all runners at the start of the race. Push strollers and wagons are welcome. No dogs, bikes, skateboards, roller blades, or scooters are allowed on the course. Any walkers attempting to run during the course of the race will be disqualified.

## Race Hotline Questions?

Call Kim Wise at 269-639-2805 or email: [kwise@sh-hs.org](mailto:kwise@sh-hs.org)  
 Make checks payable to: SHHS Foundation

## Gear Check

A "Gear Check" station will be located at the Registration area on race day. You can check your personal items prior to the race. Your bib number will be used to check your items.

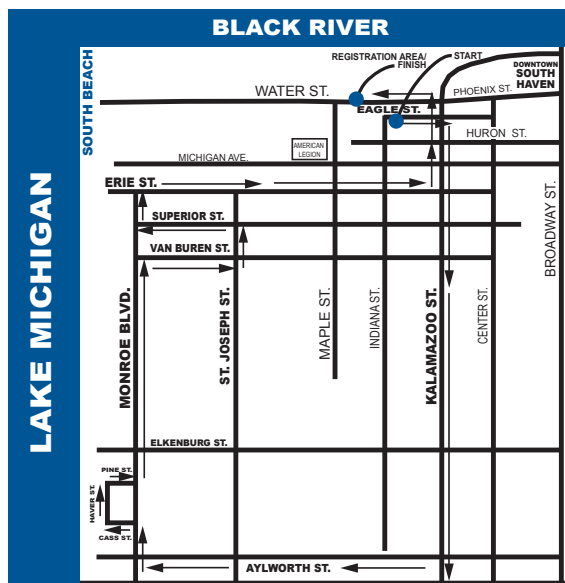
## First-Timer's Club

Have you always wanted to train to run or walk a 5K but aren't sure how to get started? If so, we can help! Enroll in the "First-Timer's Club" and learn how to develop and stick to a training program that will have you walking or running your own 5K in just seven weeks. You'll get valuable advice on how to safely pump up your routine, stay motivated, and keep improving. You'll get tips on proper nutrition and you'll start the race day with a healthy pre-race breakfast at the Shoreline Wellness Center where you'll be given your race packet for the 5K. The club starts Wednesday, June 22 at 6:00 pm. The cost is \$55 for Wellness Center members and \$65 for non-members. Call 269-639-2949 to register or for more information.

## Same course as last year!

Check out the map to see our route. Both the race and walk begin on Eagle Street between Kalamazoo and Indiana.

The course is relatively flat and winds through quaint neighborhoods where you can still catch glimpses of Lake Michigan. The final stretch takes participants from Monroe Blvd., heading east on Erie to Kalamazoo Street. It then runs north on Kalamazoo to Water Street, where runners and walkers head west down the hill to finish the race along the Black River ending at the marina.



# ENTRY FORM

\*\*Race Director must receive a completed form for EACH participant.

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone #: \_\_\_\_\_  
 Birth Date: \_\_\_\_\_  
 Age (as of race day): \_\_\_\_\_  
 Sex: \_\_\_\_\_

T-Shirt Size: (circle one) Child **M** Adult **S**  
 Adult **M** Adult **L** Adult **XL** Adult **XXL**

**\*\*only pre-registered participants are guaranteed a shirt**

Race (check one)  5K Run

Check your age category as of race day:

- 10 & under
- 11-14
- 15-19
- 20-24
- 25-29
- 30-34
- 35-39
- 40-44
- 45-49
- 50-54
- 55-59
- 60-64
- 65-69
- 70 & over
- 5K Walk
- 30 & under
- 31-50
- 51 & over

Please accept my entry in the 2011 National Blueberry Festival 5K Run/Walk. I state that I believe that I am physically fit for the event I enter. I waive any rights I may have against the SHHS Foundation and the National Blueberry Festival's committee members, volunteers, consultants, or sponsors for damage or injuries occurred during my participation in the 2011 National Blueberry Festival 5K Run/Walk.

Entrant's Signature \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature (if under 18 years of age) \_\_\_\_\_