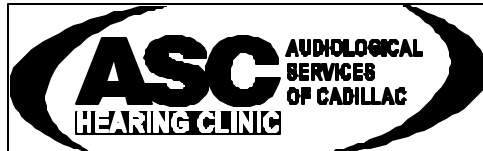


Sponsors



Bill Donnelly Law Office



Race Proceeds will be divided among:

Northern Michigan Christian School

McBain, MI

&

WORKPLACE CHAPLAINS U.S.

Questions?
E-mail: info@workplacechaplains.us or
Phone: Rich Langton @ 231-920-1732

P.O. Box 111
Cadillac, MI 49601

W O R K P L A C E C H A P L A I N S U . S .

Workplace Chaplains U.S.

Presents the

Cadillac Festival of Races

*5K Run/Walk
10K Run
Cadillac Adventure
Triathlon*



*Labor Day
September 7, 2009
9:00 A.M.*

*Cadillac Memorial Stadium
Cadillac, MI*

Cadillac Festival of Races Labor Day 2009

Race History and Information:

- 2009 marks the 37th running of the "Cadillac Labor Day 10K." The longest continually held 10K race in Michigan. In the past the race has served as the State Championship race for the *Road Runners of America*, Michigan chapter.
- The 5K event was an original part of the race, was dropped, and then added back into the mix in 1999. It continues to be the race with the largest field. This event is popular for area cross country teams to test their runners against runners from around the state.
- 2003 saw the addition of the Cadillac Adventure Triathlon. This is a race made just for Cadillac. It showcases the areas awesome outdoor recreation opportunities and adds just enough competition to push you towards your best. It features the 5K run, a 16 mile bike on the White Pine Trail (portions unpaved), and a 2 mile kayak on beautiful Lake Cadillac.

During it's history the *Cadillac Festival of Races* has been privileged to host several All-State, All-American and U.S. Olympic athletes. We look forward to seeing you make this race an annual part of your holiday plans. Good Luck!

ENTRY INFORMATION

To Register simply fill out the attached form and mail it to the address at the bottom. **Pre-register before September 2, 2009.** You may register on the morning of the race from 7:30 - 8:45 A.M. at the Cadillac Junior High Gym. The first 300 entrants will receive an event tee-shirt. There will be no refunds in the event of severe weather.

RACE DIVISIONS, AWARDS & RESULTS

Awards will be given to the overall male and female winners in all three races. The top three male and female finishers in the following age categories will also receive an award:

14 & under 15 - 19 20 - 29 30 - 39

40 - 49 50 - 59 60 & over

Official Results will appear in the Cadillac News and will be available at www.runmichigan.com

KIDS FUN RUN

This race lets everyone in on the fun! These age appropriate distances provide fun for the racers and great photo ops for parents and grandparents. Start the running flame in your future Olympian. All racers receive a runners bib and a "finishers medal."

Race Distances:

Age 2 & under - 25 meters

Age 3 - 4 - 40 meters

Age 5 - 6 - 60 meters

Age 7 - 8 - 100 meters

Age 9 - 10 - 400 meters

WORKPLACE CHAPLAINS U.S.

We are proud, along with this years race sponsors, to continue this wonderful community event.

For more information about our services:

www.workplacechaplains.us

Race Registration

PRE-REGISTRATION ENDS 9/2/09

Sign up for:	Price
<input type="checkbox"/> 5K Run/Walk - 9:00 A.M. Start	\$20.00 pre-registered \$25.00 race day
<input type="checkbox"/> 10K Run - 9:00 A.M. Start	\$20.00 pre-registered \$25.00 race day
<input type="checkbox"/> Cadillac Adventure Triathlon	\$40.00 pre-registered \$45.00 race day
<input type="checkbox"/> Kids Fun Run - 10:30 A.M. Start	\$5.00

Name _____

Address _____

Phone _____

Age as of 9/7/09 _____ Sex (M/F) _____

I know that participating in a 5K run/walk, 10K run, or a Triathlon is a potentially hazardous activity. I certify that I am medically able and properly trained. I assume all risks associated with this event. I hereby release the organizers and sponsors from all liability claims of injury or damage. While participating in the Triathlon I agree to wear a bike helmet and a personal flotation device when appropriate.

Signature (If under 18, parent or guardian) _____

Make Check payable & mail entries to:

Workplace Chaplains U.S.

P.O. Box 111
Cadillac, MI 49601

Questions?
E-mail: info@workplacechaplains.us
Phone: Rich Langton @ 231-920-1732