



## Pictured Rocks Road Race 2009

June 28th  
Munising, MI

Thirty-two years is not enough. Make plans now to join us for year 33!

Visit [www.picturedrocksroadrace.com](http://www.picturedrocksroadrace.com) for more race information or to register on-line.

The **Pictured Rocks Road Race** is a runner's best choice for Summer 2009 as it has become and continues to grow into an honest to goodness real U.P. racing tradition!

Taking for granted the unique beauty of the National Park with its complementary Lake Superior experiences, which of course one shouldn't, Munising has become a natural draw for racers for additional reasons.

The quality of its small town hospitality can't be beat. But **Pictured Rocks** may be best known for the top notch nature of its competition. That and the relationships that have grown among runners that return year after year is only possible in a race with such a long and upstanding history. Local runner, Norma Harger, started the race in 1976 and it has been first rate ever since. You can expect nothing less in 2009. And what better way is there to give to the Red Cross...an organization that is working hard in our communities and needs your support at every turn. More: [www.upamericanredcross.org](http://www.upamericanredcross.org).

### Check In:

R.W. Nebel Memorial Field at the end of Park St. at Varnum St.  

- Saturday, June 27th and Sunday June 28th.

### Start Time:

- 8:00am for Half Marathon and 5K Races.
- Walkers may start anytime before 7:30am.

### Entry Fees:

#### Half Marathon and 5K Runners

Pre-registration \$30.00, after June 21st \$40.00

#### Walkers

Pre-registration \$20.00, after June 21st \$25.00

14 and under \$10.00 - Babysitting is also available.

**Long sleeved t-shirts** can be pre-ordered until June 15th for \$25.00 in S/M/L/XL/XXL.

### Pre-race Pasta Dinner and Concert:

Registration includes a pre-race pasta dinner at Bay Shore Park from 4:30 to 7pm with concert following in the Falling Rock Café and Bookstore. A **race cap** and **rockin' awards** are also included in the entry fee. Group with the most entrants wins a trophy.

### Half Marathon/5K/Fun Walk

- Beautiful scenery - ridges, woods, waterfalls, streams, and lake vistas characterize the half-marathon course which carves a parameter around the town. The course is a combination of paved roads and forested trails. Its hilly terrain challenges even the most experienced runners.
- 5K runners traverse a flat paved race route. They can give it their all as they run the streets and highways of "greater Munising."
- Walkers may choose to walk all or part of the 13.1 mile course.

