

**Cabin Fever 5k Run/ Walk  
Saturday, February 7, 2009**

The race went very well. The weather was very nice, 40-42 degrees at 2:00 pm (the beginning of the race) and mostly sunny. It was a little breezy, but the wind came from the south. The roads were dry and it was a great day for running. There were fourteen runners and walkers. The course was well marked with a large sign at every turn. Hot chocolate and hot apple cider, along with cold water, was served after the race and everyone enjoyed being outside visiting after the race. Several people came by to donate nonperishable food items even though they didn't run in the race. The race course was very scenic and included the Menominee Lighthouse (we also had a water stop at the lighthouse, about the halfway mark) a shipyard, and historic downtown Menominee, and of course, the frozen bay with the ice shanties and a few snowmobiles out a ways. It was a fun day with an appreciative group of runners and walkers and they were generous with their donations of food for the food pantry.

The race was non-competitive but Dr. Paul Haupt came first in around 26 minutes, followed closely by the race organizer, David Holmes. Molly Gerarden finished in third place.



The Cabin Fever 5K participants