

**The Arc Stroll, Roll & 5 K Run/Walk 2010**  
**Frequently Asked Questions**

1. **Where is the start line?** Northwood University, Hach Student Life Center – 4000 Whiting Drive, Midland. There is an interactive map online at <http://www.thearcofmidland.org/5k2010map.php>
2. **What time does the race begin?** The 5K Run and 5K Walk begins at 9 a.m on Saturday, August 28, 2010. It is an officially-timed race.
3. **What time does the Fun Walk begin?** The Fun Walk is non-competitive. It will begin after the conclusion of the Race. Fun Walkers are encouraged to cheer on those in the race.
4. **What is the route of the race?** The route runs from the Hach Center through part of the Northwood Campus to Cook Rd. to the Rail Trail. There is a map of the route online at <http://www.thearcofmidland.org/5k2010map.php>
5. **What are the registration fees?** For competitive runners and walkers, the fee is \$20 with a t-shirt or \$15 without a t-shirt; for students under 18 the fee is \$10 with a shirt; for non-competitive fun walkers the fee is \$15 with a t-shirt (we don't have to pay for an official timer for the fun walkers).
6. **Can someone pick up my packet for me?** Packets will be available for pick-up at the Registration/ Check-in table at the Hach Center the morning of the run.
7. **Can I register on the day of the race?** Yes, from 7:30 to 8:45 a.m. at the Hach Center, Northwood University. It makes for better organization if you pre-register either online or download a form and mail in with your registration fee. [www.thearcofmidland.org](http://www.thearcofmidland.org) , but we welcome all participants.
8. **Can I get a T-shirt at late registration?** The shirts will be guaranteed available to pre-registered participants. Shirts of specific sizes cannot be guaranteed for late registrants. Register ahead and get the shirt – you know you want it!
9. **Can I walk in the 5K race?** Yes, if you register as a competitive walker. Or walkers may enter the non-competitive Fun Walk after the conclusion of the run. We would appreciate no jogging strollers in the Run, as the trail is quite narrow. Strollers, dogs, skaters and wheelchairs are welcome in the Fun Walk.
10. **Can I use or bring a stroller, in-line skates, my dog, and bicycles?** If you are ONLY doing the Fun Walk, you may feel free to bring them. These will not be allowed during the competitive Run/Walk for safety reasons.
11. **I am walking with a group of friends. Can we all walk side by side?** While on the Rail Trail you may walk side by side, but be courteous if people are moving past you or coming from the opposite direction. The Rail Trail will not be restricted from others who are also using it.
12. **Where can I park?** There are parking lots on site adjacent to the Hach Student Life Center.
13. **Are there hills on the course?** No, it is very flat and on the Pere Marquette Rail Trail for the most part.
14. **Are there finisher pins?** Yes.
15. **Are there awards?** Yes, there will be medals awarded for overall top female and male and the first, second, and third place for each age category. For competitive walkers, medals will be awarded for top male and female finisher.
16. **What are the age categories?** The categories are: 14 & under | 15-24 | 25-44 | 45-59 | Super Senior!
17. **Can you mail or deliver my award to me?** No, please stay and receive your award after the race.
18. **Are there bathrooms available?** Yes, there are restrooms in the Hach Center, which will be the start and the finish of the race.
19. **Is there a shower available.** No, sorry.

20. **How can I volunteer for the Arc Stroll, Roll and 5K Run?** Please contact The Arc of Midland, 989-631-4439, and we will put you and your group to work!
21. **Where and when can I find the results?** Results will be posted at the finish; and in the afternoon of the Race at [www.thearcofmidland.org/5kresults](http://www.thearcofmidland.org/5kresults). We will also submit them for publication in the Midland Daily News.
22. **Will you have refreshments at the finish line area?** YES, of course! There will be a continental breakfast after the race. Water will be available at the turn in the 5 K and at the start and finish. If you invite your family and friends, they are welcome also. We will accept any donation you or they wish to make.
23. **If my family takes some really good pictures at the Race or Walk can I share them?** Yes, we will post your pictures on our website after the event. Please send your pictures to [sdolan1225@aol.com](mailto:sdolan1225@aol.com) and we will post them on the website after review.
24. **Are there any aid stations out on the trail?** Yes, you will find water stations at 1 ½ mile, and food and water at the start and finish at the Hach Center. Volunteers will be along the route in bright yellow shirts. If you require assistance, notify one of them.