



The Arc Stroll, Roll & 5k Run/Walk 2019

Frequently Asked Questions

- 1. Where is the start line?** Chippewa Nature Center, Visitor Center parking lot, 400 S. Badour, Midland. There is an interactive map online at:
<https://thearcofmidland.charityproud.org/EventRegistration/Index/670>
- 2. Where can I park?** There is a parking lot on the corner of Badour and Pine River Rd. at the entrance to Chippewa Nature Center. You will be directed to park there, as we will be using the paved lot near the Visitor Center for our staging/start and finish line. Bus drop-off and wheelchair drop-off will be allowed to proceed in to the paved lot to drop-off only. The vehicles will have to then be parked in the outer lot.
- 3. What time does the race begin?** 5K Walk begins at 9 a.m and The 5K Run begins at 9:10 a.m. on Saturday, June 8, 2019. It is an officially-timed race.
- 4. What time does the Fun Walk begin?** The Fun Walk is non-competitive. It will begin after the start of the Race and will be on an accessible paved trail. Fun Walkers are encouraged to cheer on the returning racers.
- 5. What is the route of the race?** The route runs from the Chippewa Nature Center parking lot on the paved Chippewa Trail (Orange Trail on CNC map), returning the same route.
<http://www.chippewanaturecenter.org/wp-content/uploads/2014/02/CNCMap.pdf>
- 6. What are the registration fees?** For competitive runners and walkers, registration fee is **\$30 with a shirt and \$25 without a shirt; for students under 18, the fee is \$20 with a shirt; for noncompetitive fun walkers the fee is \$15 with a t-shirt** (we don't have to pay for an official timer for the fun walkers). **Competitive Run/Walkers will pay \$35 on the day of registration.**
- 7. Can I register on the day of the race?** Yes, from 7:30 to 8:45 a.m. at the Chippewa Nature Center. It makes for better organization if you pre-register either online or download a form and mail in with your registration fee. <http://www.thearcofmidland.org>, but we welcome all participants. **Online Pre-registration will close May 31. Competitive Run/Walkers will pay \$35 on the day of registration.**
- 8. Will I need to pick up a packet?** While there will be freebies on the day, we have eliminated packets. Simply check in at the Registration/ Check-in table at Chippewa Nature Center the morning of the run.
- 9. Can I get a T-shirt at late registration?** The shirts will be guaranteed available to pre-registered participants. Shirts or specific sizes cannot be guaranteed for late registrants. Register ahead and get the shirt - you know you want it!
- 10. Can I walk in the 5K race?** **Yes, if** you register as a competitive walker. Competitive walkers are to follow the rules for legal race walking (No running!) And be aware that runners will be coming up alongside, so please try to stay to the right, and no more that 2 walkers side by side.
Or walkers may enter the non-competitive Fun Walk. We would appreciate no jogging strollers in the Competitive Run or Walk, as the trail is quite narrow. Strollers, skaters and wheelchairs are welcome in the Fun Walk.

11. **Are pets allowed at Chippewa Nature Center?** NO, CNC does not allow pets. As a nature center, their primary goal is to help people enjoy and learn about nature. Dogs are a distraction to their owner, a potential threat to wildlife, and a disturbance to other visitors. However, there are many, many local options for walking your dog in a natural setting - all of Midland City and County parks are open to pets. (copied from the CNC website.)
12. **Can I use or bring a stroller, in-line skates?** 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.
13. **I am walking with a group of friends. Can we all walk side by side?** While on the Nature Trail you may have two walkers side by side, but be courteous if people are moving past you or coming from the opposite direction. The Nature Trail will not be restricted from others who are also using it.
14. **Are there hills on the course?** No, it is very flat and on the Nature Trail for the most part.
15. **Are there finisher pins?** No, but there are fun finisher prizes!
16. **Are there awards?** Yes, there will be a trophy awarded for overall top female and male runner; and medals for the first, second, and third place for each age category. For competitive walkers, medals will be awarded for top male and female finisher.
17. **What are the age categories?** The categories are: For Competitive Runners: Male and Female age 11 and under; 12-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; and 70 & over. There are no age categories for Competitive Walkers.
18. **Can you mail or deliver my award to me?** No, please stay and receive your award after the race.
19. **Are there bathrooms available?** Yes, there are restrooms in the Visitor Center and in the Resource Building which will be near the start and the finish of the race.
20. **Is there a shower available?** No, sorry.
21. **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!
22. **Where and when can I find the results?** Results will be posted at the finish; you can pick up your personal time from the timing management official as you finish the race; and in the afternoon of the Race at www.thearcofmidland.org website. We will also submit them for publication in the Midland Daily News.
23. **Will you have refreshments at the finish line area?** YES, of course! There will be snacks 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.
24. **Are there any aid stations out on the trail?** Yes, you will find water stations near the turn. Volunteers will be along the route in bright-colored shirts. If you require assistance, notify one of them.
25. **Is this race part of the Be Greater Race Series 2019?** NO, due to low sign-up the Element Race Series is no longer happening.