

SPECTRUM HEALTH



2010 irishjig 

Official Entry Form

Time: 9 a.m. Men's Race
9:35 a.m. Women's Race
Date: Saturday, March 20, 2010
Location: East Grand Rapids High School
2211 Lake Drive SE
East Grand Rapids, MI 49506

Dear Runner:

Start your running season with the Spectrum Health Irish Jig! Now in its 27th year, the Irish Jig has grown to become one of Michigan's premier 5K races. Top age group winners receive awards, and top overall finishers receive cash awards. As always, the Irish Jig features its trademark long-sleeved shirts for early registrants.

We encourage you to register online this year at classrace.com. The cost is \$17 for those 18 and younger, and \$22 for 19 and older. You can also still fill out and mail in the included registration form. Through March 12 the cost is \$20 for those 18 and younger, and \$25 for 19 and older.

Spectrum Health is proud to provide this event as part of its mission to improve the health of the communities it serves. We look forward to seeing you on March 20!

2010 Irish Jig Committee

Age Group Records

Age	Gender	Name	City	Time	Year
9 & under	M	David Rich	Holland	22:05	06
	F	Megan O'Neil	Stanwood	22:01	06
10-12	M	Stephan Rich	Holland	19:32	06
	F	Megan O'Neil	Stanwood	19:19	09
13-14	M	Chad Scott	Ada	16:54	07
	F	Alyssa Penning	Grand Rapids	20:01	06
15-18	M	Antonio Schafer	Grand Rapids	15:09	09
	F	Laura Malor	Grand Rapids	18:56	04
19-24	M	Steven Crane	Ypsilanti	14:40	06
	F	Lindsey Gallo	Ann Arbor	16:31*	06
25-29	M	Boaz Cheboiywo	Ypsilanti	14:13*	08
	F	Bethany Brewster	Madison, WI	16:32	06
30-34	M	Ian Forsyth	Ann Arbor	14:39	06
	F	Seana Larson	Dexter	17:00	04
35-39	M	Paul Aufdemberge	Redford	14:55	03
	F	Ann Stewart	Ypsilanti	17:55	03

Age	Gender	Name	City	Time	Year
40-44	M	Paul Aufdemberge	Redford	15:04	06
	F	Laurel Park	Ann Arbor	17:17	06
45-49	M	Dave Furey	Ann Arbor	16:21	04
	F	Monica Joyce	Ann Arbor	17:22	06
50-54	M	Kevin Deyo	Traverse City	17:01	09
	F	Laurel Dawson	Muskegon	21:11	07
55-59	M	Paul Deladvrantage	Riverview	18:02	04
	F	Jill Cummings	Allendale	23:02	09
60-64	M	Doug Goodhue	Milford	18:12	04
	F	Sharon Dolan	Westphalia	22:27	06
65-69	M	Doug Goodhue	Milford	18:36	08
	F	Sharon Dolan	Westphalia	22:54	09
70 & up	M	Brian Harris	Royal Oak	21:51	08
	F	Liz Lancaster	Hastings	27:45	07

*Course Records

Race Course

This 5K (3.1 mile) USAT&F approved course features long straights on Wealthy, Lake and Hall streets. It is mostly flat with a few gentle hills. The start is a five-minute walk from the East Grand Rapids High School gym.

Registration

Online (classicrace.com) Through March 18*	Mail Through March 12	Late Registration March 19 to 20
\$22 - 19 and older	\$25 - 19 and older	\$30 - 19 and older
\$17 - 18 and younger	\$20 - 18 and younger	\$25 - 18 and younger

*Online registration ends on Thursday, March 18, at noon.

Day of Race

Registration: 7 a.m. to 9 a.m.

Men's Race: 9 a.m.

Women's Race: 9:35 a.m.

Awards Ceremony: 10:45 a.m. (approximate)

Packet Pickup/Late Registration

- Friday, March 19, 2010, 4:30 p.m. to 7 p.m.
- Saturday, March 20, 2010, 7 a.m. to 9 a.m. (men's race begins at 9 a.m., women's race begins at 9:35 a.m.)

East Grand Rapids High School Gym

2211 Lake Drive SE

East Grand Rapids, MI 49506

Results

Timing is provided by Classic Race Management using ChronoTrack System's "D-tag" disposable timing chip. Results will be posted in the gym after the races and later that day at classicrace.com.

Awards

- Age group awards based on chip time
- Awards to first to fifth place for 18 and younger age groups, first to third place for 19 and older age groups
- Awards will be presented during a ceremony following both races and available for pickup from March 24 to April 18 at Gazelle Sports, 3920 28th St. SE, Grand Rapids, MI 49512

Prize Money

Categories (male and female):

	Overall	Masters (40 to 49)	Grand Masters (50 and older)
1st	\$750	\$250	\$100
2nd	\$400	\$150	\$50
3rd	\$250	\$100	
4th	\$150		
5th	\$100		

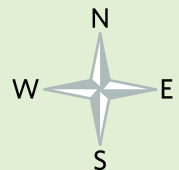
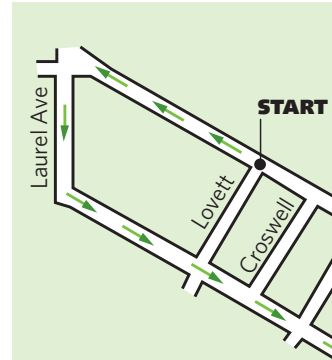
Course record: \$200

Age group course record: \$50

- Prize money based on gun time
- Runners younger than 18 and college runners are not eligible

Please Note

- Registrations are nontransferable and nonrefundable
- Weather conditions vary from year to year, so dress appropriately
- In case of severe weather, event directors reserve the right to cancel without refund
- Animals and baby strollers are not allowed
- Walking the course is allowed, but participants must complete the route within 45 minutes
- Limited traffic access from 8:45 a.m. to 10:15 a.m. on race day
- Additional parking is available on the second level of the parking ramp just north of the Wealthy Street/ Bagley Avenue intersection

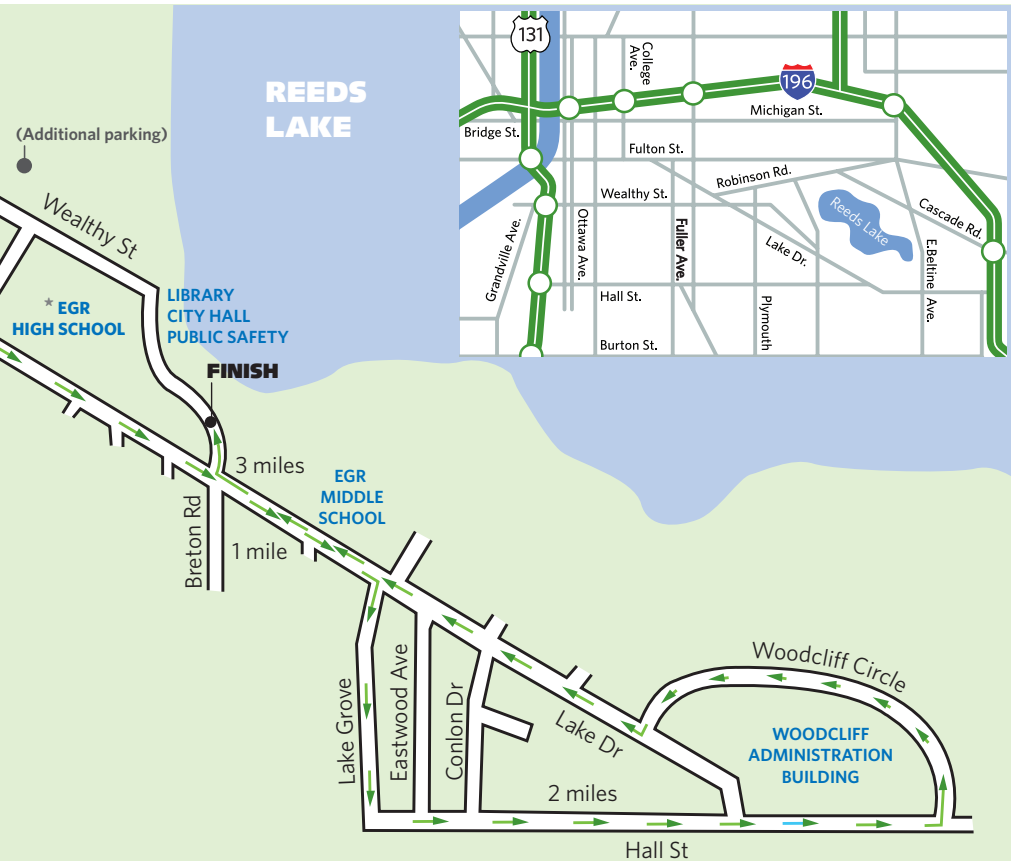


Participant Shirts

- Long-sleeved, mock turtleneck shirts with this year's logo
- 3,500 shirts are available to preregistrants during packet pickup time on a first come basis
- If fewer than 3,500 runners preregister, the remaining shirts will be available to late registrants during packet pickup time
- Size small to 2XL; sizes cannot be reserved

Contact Information

- Hotline: 616.774.5500
- E-mail: IrishJig5K@hotmail.com
- Web site: classicrace.com



The Triple Crown Series

The Triple Crown Series is a corporate team competition that includes the Spectrum Health Irish Jig 5K (March 20), the Brian Diemer Amerikam 5K Race (June 12) and the Bank of America Reeds Lake Run 5K (June 26). All employees who work 20 hours or more, spouses and retirees are eligible.

The Triple Crown Series consists of two divisions:

Division I - organizations with 500 or more employees. Teams must have at least five and no more than 10 members per team.

Division II - organizations with fewer than 500 employees. Teams must have at least four and no more than 10 members per team.

Organizations may enter more than one team. Cross country style scoring will be used by place in each age group. The team entry fee is a one-time fee of \$50 for each team entered. Teams must register by March 12. No late registrations or changes will be accepted.



Spectrum Health is proud to promote colorectal cancer awareness through the Irish Jig. Colorectal cancer is the second leading cause of cancer deaths in the United States, yet it is very preventable. For information on colorectal cancer or to request a free screening kit, call Spectrum Health Cancer Services at 616.486.5950 and select option 4 when prompted.

Race participants are welcome to donate to the Spectrum Health Ferguson Digestive Disease Endowment Fund for colorectal cancer research, education and patient care. If interested, please contact the Spectrum Health Foundation at 616.391.2000 or spectrum-health.org/give.

Entry Form

Register online at classrace.com or complete all information below.

OFFICE USE ONLY

First name

Last name

Address

City

State

Zip

()

Phone Number

Date of Birth

Age, as of March 20

Sex: M

F

Individual

Triple Crown Team: Division I

Division II

Triple Crown Team Name

WAIVER - I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including but not limited to falls, contact with other participants, the effects of the weather, including icy conditions/extreme cold, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf, waive and release the Spectrum Health Irish Jig, the city of East Grand Rapids, Spectrum Health and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. The event director has the right to cancel this event in case of severe weather. Registration fees are nonrefundable and nontransferable.

Athlete's Signature

Date

Parent or Guardian's Signature (If athlete is younger than 18)

Date

Registration Fee

Online (classrace.com) Through March 18*	Mail Through March 12	Late Registration March 19 to 20
\$22 - 19 and older	\$25 - 19 and older	\$30 - 19 and older
\$17 - 18 and younger	\$20 - 18 and younger	\$25 - 18 and younger

Online registration ends on Thursday, March 18, at noon.

Make checks payable to Spectrum Health Irish Jig

Send to:

Spectrum Health Irish Jig
2130 Wealthy St. SE
East Grand Rapids, MI 49506

100 Michigan Street NE MC057
Grand Rapids MI 49503



SPECTRUM HEALTH

NONPROFIT ORG
U.S. POSTAGE
PAID
GRAND RAPIDS, MI
PERMIT NO. 251



**Colorectal
Cancer
Awareness**



2010 Spectrum Health Irish Jig 5K Road Race

Saturday, March 20, 2010

Men's Race - 9 a.m., Women's Race - 9:35 a.m.