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2009 ANNUAL YEARBOOK



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JOHN D. CHERRY, JR.
LT. GOVERNOR

September 7, 2009

Dear Friends:

It is my pleasure to welcome you to the 2009 Mackinac Bridge Labor Day Run. This year marks the 6th anniversary of this great event and the 52nd Annual Mackinac Bridge Walk.

As a fellow runner, I know the joy of lacing up my shoes and heading out to take in the incomparable beauty of a northern Michigan morning while reaping the benefits of exercise and fresh air. Being active is a commitment we all should make, and I want to personally thank you for your dedication to health and fitness.

My family and I try to live a healthy lifestyle, and it does not stop at the end of the Mackinac Bridge. We all enjoy being active and support each other to set and achieve physical activity goals.

I hope you will also motivate your family to be passionate about fitness and participate in activities together. To find out more about sporting events across the state endorsed by the Governor's Council on Physical Fitness, visit www.michiganfitness.org/endorsements. I also want to thank the hundreds of organizers and volunteers for their tireless work in making these events possible and for their commitment to fitness.

This year, we have 10 athletes representing our state as fitness ambassadors for the Bridge Run. These men and women were chosen because of their outstanding commitment to physical fitness – and I congratulate each of them. You are an inspiration to us all.

Thank you all for being such great role models for physical activity, and please accept my very best wishes for a great Mackinac Bridge Labor Day Run.

Warm regards,

Jennifer M. Granholm
Governor

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GOVERNOR'S COUNCIL PROGRAMS

The Governor's Fitness Awards: One in a Million

Four inspirational athletes will receive the Charles T. Kuntzleman Award for their commitment to physical activity, despite the many challenges they face. Worthy recipients of the award will have overcome great challenges to pursue physical activity as a part of their daily routines. Dr. Kuntzleman, former chair of the Governor's Council, is the author of several books including *They Accepted the Challenge*, describing people who, despite great obstacles, have pursued a life of physical activity.



One individual will receive the Vern Seefeldt Lifetime Achievement Award. The award recognizes individuals who, over a lifetime, have made landmark contributions to the health of Michigan residents through research, teaching, professional practice, policy or volunteer involvement related to physical activity or physical fitness. Dr. Seefeldt became the director of the Youth Sports Institute at Michigan State University, earning national recognition for leadership in many physical education-related programs.



An Achievement Award for Organizations will be presented to an organization that demonstrates its support for active lifestyles through its mission, programs or policies. This must specifically include a commitment to improving options for physical activity for Michigan's citizens.



The final award to submit a nomination for is the Governor's Council Achievement Award for Public Officials. This award highlights individuals who are advocates and spokespeople for healthy living. Furthermore, through their public role they must have demonstrated a commitment to policies that support physical activity.

The Michigan Health Ministries of Ascension Health



Labor Day Community Walks



Michigan communities are invited to host Labor Day Community Walks to promote healthier lifestyles and encourage physical activity. Labor Day Community Walks are held throughout the state each year in conjunction with the Mackinac Bridge Labor Day Walk to support "Getting Michigan Moving." This year, 30 communities helped support an active Michigan by hosting a Labor Day Community Walk.

Congratulations to the following 2009 Labor Day Walk communities:

City of Bangor	City of Linden	Muskegon County
City of Big Rapids	City of Luna Pier	Orion Township
City of Carson	City of Marshall	Paint Creek Trails Association
City of Douglas	City of Montague & Whitehall	Portland Parks & Recreation
City of Eaton Rapids	City of Morenci	Rose City & Lupton
City of Grand Haven	City of Muskegon	St. Clair County
City of Grand Rapids	City of Saugatuck	Village of Caseville
City of Grosse Pointe Woods	City of South Lyon	Village of Leland
City of Hart	City of Swartz Creek	Village of Middleville
City of Lansing	Houghton-Hancock	Village of Milford

Sponsorship from Farm Bureau Insurance enables Michigan Fitness Foundation to endorse the local Labor Day Community Walks. Registered communities receive a free informational packet to assist community leaders in planning a successful event. For more information or to register your local Community Walk, please visit <http://www.michiganfitness.org/LDComBridgeWalk.htm>.

National Employee Health and Fitness Day

National Employee Health and Fitness Day (NEHFD) is a national health observance to promote the benefits of physical activity for individuals through their worksites. Worksite health promotion can improve the health and wellness of all employees. Many worksites organize NEHFD activities to initiate a healthy work environment; others are celebrating programs they have already established.



NEHFD is annually celebrated on the third Wednesday of each May. This past May, 13 Michigan companies registered with the Governor's Council with more than 2,562 participants statewide.

The event is held to increase awareness of how daily physical activity can be incorporated into an everyday office routine. Simple changes such as taking the stairs instead of the elevator, or choosing to hand-deliver messages instead of e-mail can result in lower levels of stress, increased well-being, increased stamina and potential weight loss.

May 19, 2010 will mark the 21st anniversary of NEHFD. All businesses and organizations are encouraged to celebrate NEHFD, and planning activities can be free and easy. To find more information about NEHFD, or to get ideas for how to celebrate next May, visit www.michiganfitness.org/NEHFDinfo.htm. All participating organizations that register their event with the Governor's Council will receive recognition on our Web site, www.michiganfitness.org.



September 7, 2009

Welcome to the 2009 Mackinac Bridge Labor Day Run! On behalf of the Governor's Council on Physical Fitness and the Michigan Fitness Foundation, thank you for joining us for this exciting event that celebrates physical activity.

As a Bridge Run participant, it is clear you have made the choice to live an active lifestyle. I congratulate you for making this choice, and taking personal responsibility for your health. Any time you participate in physical activity in your neighborhood, by foot or on wheels, you are demonstrating the need for walkable and bikeable communities. You become the face behind policy and environmental changes that can make Michigan a great place to live, work and play.

Another easy way to show your support for a healthy Michigan is by participating in local fitness events. In order to be eligible for the Bridge Run, lottery applicants must participate in at least one such event endorsed by the Governor's Council. As a statewide organization, we strive to support the hundreds of race organizers in Michigan working tirelessly to provide opportunities for their community members to be active. More than 360 events receive our seal of approval and assistance with promotion through the free endorsement program. This year, our yearbook features 10 exceptional endorsed events from small towns to big cities that benefit admirable causes. Thank you for joining us in supporting your local events!

I would also like to extend a special thank you to our sponsors who make the Bridge Run possible. This includes our invaluable 11 year partnership with Farm Bureau Insurance, and support from the Michigan Health Ministries of Ascension Health. These organizations help us have a fun run while raising awareness of the importance of physical activity for overall health.

This event would not be achievable without the event committee who puts several months and much heart into making the Bridge Run special. They include staff from the Governor's executive office, Michigan Department of Transportation, the Mackinac Bridge Authority, representatives from the Iron Workers and the staff of the Michigan Fitness Foundation/Governor's Council on Physical Fitness.

Thank you for Getting Michigan Moving, and enjoy your run!

Marilyn Lieber
President and CEO
Governor's Council on Physical Fitness, Health and Sports





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ACES (All Children Exercise Simultaneously)



ACES (All Children Exercise Simultaneously) is a worldwide event that connects school children together in unity in fitness. Participating schools plan a physical activity event at 10:00 a.m. on the first Wednesday in May each year.



Michigan Fitness Foundation (MFF) has partnered with Farm Bureau Insurance to promote ACES for the past 11 years. Together the organizations have taken the lead in encouraging Michigan schools to participate in ACES. Governor Jennifer M. Granholm and First Gentleman Daniel G. Mulhern have served as ACES co-chairs in Michigan since 2006.

Michigan currently holds the record in the U.S. for ACES participation, with 426,307 students from 1,168 schools participating in 2009. All schools that register their ACES activities with MFF receive support materials to help plan their event. These materials include educational newsletters and stickers for each participating student, a certificate of participation signed by Governor Granholm and the chair of the Michigan Fitness Foundation Board, and tools to promote each school's individual ACES event.

An online idea kit is also available through the MFF Web site, which includes suggestions for ACES activities, articles discussing health issues facing school children, nutritional information, and ideas for incorporating physical activity and ACES into students' daily lives. For more information about ACES in Michigan, visit www.michiganfitness.org/aces.





Safe Routes to School

Safe Routes to School is a worldwide movement, and now a federal program, to make it safe, convenient and fun for children to walk and bicycle to school. The program teaches children that walking and bicycling are easy forms of transportation while encouraging an active lifestyle from an early age. Safe Routes to School also facilitates the

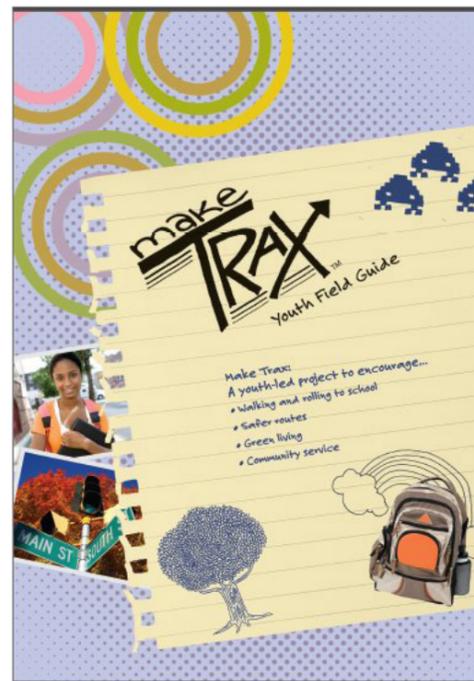
planning, development, and implementation of projects and activities that will improve safety and reduce traffic, fuel consumption, and air pollution.

Across Michigan, more than 300 urban, rural, and suburban schools have begun Safe Routes to School initiatives since the launch of the state program in 2006. In 2008, approximately 450 schools participated in International Walk to School Day and hundreds of Michigan residents have attended regional training to learn about the Safe Routes to School planning process and how they can support one of their local schools or teams.

Michigan's new SR2S youth engagement curriculum, Make Trax™, is a youth-led project to increase walking to and from school on safe routes and in safe ways. Using a set of eight lessons, support materials, and technology students discuss the attitudes and beliefs of their peers regarding walking and identify unsafe conditions in the environment. They conclude their project with a presentation of findings and recommendations to community stakeholders. For more information about Make Trax, visit www.saferoutesmichigan.org.



Michigan's Safe Routes to School program is managed by the Michigan Department of Transportation (MDOT), with training, logistical, administrative, and technical support from the Governor's Council on Physical Fitness, Health and Sports/Michigan Fitness Foundation. To learn more about the program please visit www.saferoutesmichigan.org.



Welcome

Welcome to the 2009 Mackinac Bridge Labor Day Run! The Bridge Run provides Michigan residents the opportunity to participate in one of our state's most unique Labor Day traditions. The Bridge Run was made an annual event through a partnership between the Governor's Office, the Mackinac Bridge Authority, the Michigan Department of Transportation, and the Michigan Fitness Foundation (MFF). This year participants will celebrate the 6th anniversary of the official Mackinac Bridge Labor Day Run.



Past participants have called the Bridge Run the experience of a lifetime. This year, a record number of nearly 400 runners will venture across the Mackinac Bridge at sunrise. Runners are randomly selected through an online lottery. To be eligible for the Bridge Run lottery, one must first complete a MFF endorsed event (more details can be found at www.michiganfitness.org/endorsements, as well as on page 13 of this yearbook).

Each year, a small group of Bridge Run participants are selected to serve as "fitness ambassadors." The ambassadors are selected in honor of their individual commitments to physical activity and their drive toward healthier lifestyles. Each ambassador has a unique personal fitness story to share, many of which include overcoming great barriers in order to lead a healthy and active lifestyle. The ten fitness ambassadors selected this year are role models for improving and maintaining fitness levels through regular exercise. This yearbook features the ambassadors' stories, which are not only inspirational, but they illustrate that with enough dedication, any and every Michigan citizen can be physically active.

The Mackinac Bridge Labor Day Run is made possible by a generous sponsorship from Farm Bureau Insurance of Michigan, and the Michigan Health Ministries of Ascension Health. Thank you for your continued support of physical activity in our state!

More information on the Mackinac Bridge Labor Day Run can be found at www.michiganfitness.org/bridgerun.html.

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Thank you

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**for your support
 of this event**

Thank you
Mackinac Bridge Authority
for making this event possible



WE ARE PROUD TO HAVE

• **Jeff Hamric** •
 • **Michael Mansfield** •

REPRESENTING
 THE IRON WORKERS

ENJOY YOUR RUN,
 JEFF AND MICHAEL!

GOVERNOR'S COUNCIL PROGRAMS

Promoting Active Communities

Helping Michigan Communities become Active Living Communities



The Promoting Active Communities (PAC) program is like no other in the country. It recognizes communities that have made a commitment to become healthier places to live. One component of Michigan's PAC program is a FREE online self assessment that a multi-disciplinary team of community members uses to evaluate their community's environments, policies, and programs related to promoting and supporting physical activity. These categories function like three legs of a stool; each is essential for a comprehensive approach to create and maintain an



active living community where people can integrate physical activity into daily routines.

Each PAC assessment is scored and a personalized community report is created that can be used for planning purposes. This unique assessment was created in partnership with the Michigan Department of Community Health, the Governor's Council on Physical Fitness, Michigan State University, and the Prevention Research Center of Michigan. Communities that complete the assessment are also eligible for an award which recognizes them for using



innovative strategies to make it easier for their residents to lead an active lifestyle. The Governor's Council on Physical Fitness will present awards to Michigan communities who have completed the 2009 Promoting Active Communities assessment and are working to create community environments that encourage and support physical activity (also known as active living communities). The event will take place December 9, 2009 at the Lansing Radisson Hotel. A special guest speaker will discuss the importance of creating active Michigan communities. Attendees will include state legislators; members of the public health community; planning professionals; and representatives from the award recipient communities. Since 2000, more than 98 communities from 49 counties have completed the PAC assessment at least once and more than 30 communities have earned at least one award. For more information, visit www.michiganfitness.org/active.





Fit Bits

Fit Bits provide ideas for teachers to get students up and moving for a few minutes so students can burn off excess energy, jump-start their attention spans, and get their recommended daily physical activity. Fit Bits are 10- to 15-minute activities developed in response to the need for more physically fit

students. Extensive input from teachers helped guide the development of 40 activities for each grade from kindergarten through fifth grade. Each Fit Bits activity reinforces a personal/social skill (such as cooperation or respect for others) or a nutrition message consistent with MyPyramid (such as the importance of choosing healthy snacks).

Health and learning go hand in hand. Physical activity improves concentration, memory, classroom behavior, and cognitive processing speed. Physical activity also increases blood flow to the brain and promotes growth and development of new cells in areas of the brain responsible for planning, reasoning and some types of learning. Many students get more exercise during structured physical activity breaks in the classroom, such as with Fit Bits, than during recess. Students who are more physically active and eat healthier diets miss less school, which means teachers spend less time bringing absent students up to speed. By incorporating physical activity into the classroom, teachers can help put students on a long road to wellness. To learn more, visit www.michiganfitness.org/fitbits.

Community Demonstration Projects

The Governor's Council on Physical Fitness, Health and Sports builds partnerships in Michigan to develop and implement grant-supported demonstration projects. These grassroots-driven projects are guided by local stakeholders to create policies and supportive transportation networks that enable residents to incorporate walking and bicycling into their daily routines. Communities that participate in demonstration projects act as "learning labs" where strategies to create active living communities are evaluated to determine what works well and where improvements can be made. The ultimate goal of the demonstration projects is to develop a "toolkit" that outlines successful community strategies and lessons learned that can be disseminated to a statewide audience.

Currently the Governor's Council helps facilitate a demonstration project in Flint where a group of local stakeholders have successfully implemented numerous pedestrian-oriented and bicycle-friendly initiatives as they continue their effort toward making Flint an active living community. Initiative include:

- Smart Commute
- Promoting Active Communities Program
- Bicycle Friendly Community Campaign
- Safe Routes to School/Safe Routes for Work
- Advocacy for complete streets



Fitness Ambassador • Delta County

JACK THOMAS, III • GLADSTONE

Jack Thomas III is a member of the Delta County YMCA-Biggest Winner's Program-2009, working toward building strength and cardiovascular endurance as he lost more than 60 pounds this year. He says "It has been an amazing and satisfying lifestyle change." Running has helped develop his cardiovascular endurance. Thomas admits while not being the fastest runner he feels fortunate to have started running for the first time in his life at age 52 and considers crossing any finish line a personal victory. He is also a Boy Scout leader in Gladstone and part of the Scout oath is "keep your self physically fit." Thomas says that it has been important to show his wife, children, friends and fellow workers how some modest exercise and eating habit changes can improve one's physical and mental health. He believes his success of exercise and weight loss can motivate and inspire others like him to make their own personal health a priority and make the similar commitment to a lifestyle change.



Fitness Ambassador • Genesee County

MARIE JONES-WATTS • FLINT

Marie Jones-Watts was overweight during childhood and adolescence. During adulthood, she was determined to lose the weight and took a step towards this goal by joining a gym 16 years ago. She became certified to teach group fitness classes after an aerobics instructor encouraged her. Jones-Watts' fitness and wellness has evolved ever since and she has been encouraging others by teaching various aerobics and fitness classes for 10 years. Every year Jones-Watts selects a fitness challenge to participate in, and in 2004, she entered The Crim 8K race. Despite her asthma, she uses exercise as a way to manage her health and weight. Jones-Watts says that "Running is a good stress reliever," and when trying to get others involved says "I am their cheer coach and I am always encouraging them!"



Fitness Ambassador • Grand Traverse County

JESSICA KERFOOT • TRAVERSE CITY

Jessica Kerfoot, who always thought of herself as an average athlete, describes running as "I usually don't win, I never come in last, but I enjoy the ride. Running gives average people the chance to do things they never thought they could." Kerfoot says that running is important to her because it something she can do anywhere at anytime and it is always instilling positive values in her kids. On days when she is lacking motivation she always asks herself "have you ever regretted going for a run? Have you ever regretted not going for a run?" In 2008 Kerfoot ran the Boyne to Boyne marathon and was able to raise \$1300 for hospice of Michigan. "I am average, but I was able to do so much for not only myself, but others too."



Fitness Ambassador • Ingham County

REDDOG SINA • HASLETT

After graduating this spring from the Michigan State University's College of Osteopathic Medicine, Reddog Sina will become a Family Medicine Resident at Sparrow Hospital in Lansing. Sina was beginning his 3rd year as a med student and his weight was up, his blood pressure was up, his heart disease risk factors were up, and he saw himself heading down a dangerous road if he didn't act right away. "I started running in October with the goal of completing the Bayshore Marathon in May 2008. After that I just kept running. Two marathons, three half marathons, a fifteen-miler, and many shorter races later I'm hooked," said Sina. Dealing with severe asthma, Sina works even harder to keep his immune system healthy which means paying attention to his diet and sleep schedule so he can continue running every day and feeling better every day.



Fitness Ambassador • Kent County

KEN VISGER • SPARTA

Ken Visger has been a runner for three decades and at 58 years old has found that age is no barrier. Having started running in the 1980s, he ran his first 5K in 2001 and has been hooked on running three or four races annually ever since. "It has been a wonderful cross-generational experience for my family and I. We have found an enthusiasm for movement (running, jogging, walking biking, kayaking, swimming) it's contagious and fun," said Visger. His primary reason to run is to maintain good health. "I've always enjoyed being physically active and as I get older I realize more and more health benefits to exercising, in addition to having a good time."



Fitness Ambassador • Midland County

JILL GUSHOW • MIDLAND

For Jill Gushow physical activity has always been a way of life. She has been a student, an attorney, a mom and a professional while always finding time for fitness. Gushow is described by friends as "someone who can almost make working out at 5:00 a.m. fun." Gushow led the effort to create the Healthy U Wellness Program at Saginaw Valley State University. She encourages others to be healthy by bringing in unique vegetable dishes to show her coworkers, "foods such as lentils and veggie burgers aren't scary foods once you give them a try," said Gushow. While leading a busy life working 60 hours per week and raising two small children, Gushow and her husband recognize the benefits of physical fitness and have built that into their family lifestyle. Gushow comments that she has found amazing trails, encountered remarkable wildlife, and has seen the less traveled side of Michigan just by getting out there for a run, even with a stroller! She encourages others to hit the trails so they can stay healthy and explore the beautiful and natural environment of Michigan.

Nutrition Education and Physical Education in the Classroom

School health programs that include nutrition education and physical education hold promise for improving children's academic outcomes.* Plainly put, healthier children are better learners. Recent programs developed by the Michigan Fitness Foundation have embraced both of these components by expanding beyond physical education and physical activity to include nutrition education.



The main focus of the Healthy Classrooms, Healthy Schools program is on transforming the classroom (and ultimately the school) environment into a place where students and school staff members can readily learn and practice eating and physical activity habits that will lead to healthier lifestyles.

Many young people receive contradictory messages regarding healthy behaviors and nutrition from school, home, and the media. This program helps students and teachers understand the basics of making healthy choices and helps them apply this information to their lives.

In addition to the basics of MyPyramid, topic areas include choosing and using non-food rewards both in the classroom and as a self-reward, the nutritional value of school lunches, and setting goals for physical activity. Multiple activities for each topic allow teachers the flexibility to select lessons depending on the needs and abilities of their students, and on the time and other resources they have available.

HCHS has links to all eight components of Coordinated School Health (CSH). CSH is a model proposed by the Centers for Disease Control and Prevention in which several agencies work together to help maintain the health and well-being of young people.

Health Through Literacy is a language arts program developed to help teachers and students in kindergarten through fifth grade learn basic nutrition and physical activity messages through quality children's literature. Children and teachers both enjoy reading time, and Health Through Literacy helps extend the time spent each day on language arts by reinforcing basic nutrition and physical activity messages in an interesting, fun way.



Each book set includes five or six high-interest children's books, plus a tip sheet with discussion questions that help teachers maximize the impact of nutrition and physical activity messages. And since experiencing good nutrition is every bit as important as hearing about good nutrition, each tip sheet also includes a suggestion for a quick and easy food tasting experience. For more information on these programs please visit www.epec4kids.com.

* Murray, N. G.; Low, B. J.; Hollis, D.; Cross, A. W.; & Davis, S. M. (2007). Coordinated school health programs and academic achievement: A systematic review of the literature. *Journal of School Health*, 77, 589-600.

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OUR 2009 FITNESS AMBASSADORS



Fitness Ambassador • Oakland County

ARGENTA LUCAS • TROY

Argenta Lucas started running as a child with her father, entering a local 2-miler, 5K or 10K road race at least once a month. Lucas says "It was a great way to spend time with my Dad and get out of Saturday morning chores." She finds running as a great stress reliever and says her days run a lot smoother after she has completed her morning run. Her advice for new runners is to find a training method that you can follow to prep for the type of running you will be doing. Lucas tries to encourage others to run and says "If they tell me they just don't like running, I encourage them to find an activity they love and go for it because any form of exercise is better than none." She is a firm believer that children should be active and running is a great activity where everyone wins.



Fitness Ambassador • Ottawa County

WALLACE HARRIS • NUNICA

As a retired educator, a U.S. Navy veteran of the Korean War, a world traveler, and husband of 51 years, Wallace Harris has been a fitness advocate for the past 30 years. Harris began running in his early fifties for fitness and shows no sign of stopping. "Running keeps one fit and healthy; I am able to do things many of my younger friends can no longer do, such as biking, downhill skiing, walking 18 holes of golf, white water rafting, and all at the age of 77," said Harris. Having suffered several minor injuries, Harris has been able to overcome them with the help of his regular fitness regimen. Harris has finished first in his age group in every race he has participated in over that past year.



Fitness Ambassador • Saginaw County

MECHELLE KUCHAR • CHESANING

Mechelle Kuchar believes that exercise does more than just keep us fit and healthy, it is a way of life. Kuchar began running during college when she found it would be easier to stay in shape doing an individual sport instead of a team sport. Soon after, Kuchar found her distances growing longer and her work ethic being pushed to the limit with every run. In 2007 Kuchar was diagnosed with lupus, and since then she has been diligently working to keep her body fit. Kuchar has sought out doctors that believe she can still be a runner and will continue moving to represent all runners with lupus and muscle disorders. "Running helps me stay fit and sets an excellent example for my children. They know that fitness and good eating habits are a part of our lifestyle because I don't just talk about it, I do it!"

OUR 2009 FITNESS AMBASSADORS



Fitness Ambassador • Washtenaw County SARAH SMALLHEER • CHELSEA

As a cross-country runner in high school, Sarah Smallheer failed to translate that activity into a healthy adult lifestyle. In 2006, she joined Weight Watchers, began running and two years later was beating her high school 5K-race personal record. After this, Smallheer says "I realized that I was in better shape than I had been when I was 17." In addition to running 5K races, she successfully completed the Detroit Half Marathon in October 2007 and finished the Detroit Marathon in October 2008. In the eight weeks between April 5th and May 31st this year, Smallheer set new personal best times in 5K, 10K, half marathon, and marathon distances. Her new marathon personal best came on May 17th at the Cleveland Marathon, which qualifies her for the 2010 Boston Marathon. In addition, she was also selected via lottery to participate in the New York City Marathon in November 2009. She says "Even when I am in a foul mood, grumbling about the cold, when I step out the door every single time I find something interesting or beautiful while I'm out running that makes it all worthwhile."

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**FOR PROVIDING
SNACKS AND WATER
FOR OUR RUNNERS!**

ENDORSED EVENTS



Oakwood Red October Run • WAYNE •

Oakwood Healthcare System will present its 19th annual Oakwood Red October Run this year. The run events include a 10K run, 5K run, 5K walk and a free kids' Jr. October Mile. It is now seen as a community tradition that will continue to grow richer within their healthcare system family and the running community as well. Oakwood Red October Run promotes family fitness through incentives including long sleeve shirts, custom finisher pins for all runners and walkers, awards for all events, a prize drawing, and their legendary post-race "Octoberfeast." The event further engages youth and families through partnerships with schools to provide special training opportunities and youth scholarships for the run. This year, in conjunction with Oakwood's Arts for the Spirit initiative, the event will also feature the Arts and Scraps Scrapmobile for children to make their own Red October Run art project. As the presenting organization, Oakwood Healthcare System goes the distance to support its community. One nurse in particular took on the special wishes of a quadriplegic patient, procuring a special wheelchair and teaming up with her husband to push him through the 2008 Oakwood Red October Run, so he could "see what it's like." Since then, they have successfully finished three half marathons. Oakwood Red October Run is a great overall experience for all runners and walkers no matter age or varying skill level. For more information, visit www.oakwood.org/redoctoberrun.



Run for the Rolls • CHELSEA •

In its third year, Run for the Rolls is a community parade down the race course and then a day at the community fair in Chelsea, Michigan. With a growing number of participants, 300 expected this year, Run for the Rolls is a community event bringing in more than 3,000 spectators to cheer the participants along the route. All proceeds benefit youth scholarships for Chelsea recreation. All prizes are unique and provided by local merchants of Chelsea. The most coveted prize of the event is one dozen of the famous Common Grill Rolls that are awarded to the overall male and overall female winners as well as age division winners. Run for the Rolls is a great stepping stone into the running world; it is a race designed for runners to visualize the course from start to finish and feel confident that they can finish. Jerry Moore, a 76-year-old first time walk participant trained and created a strong walking regimen. Before the walk Moore was taking daily medications for his sugar, cholesterol and blood pressure, and after two months of walking and with permission of his doctor he was able to eliminate all of them. Run for the Rolls has inspired many to do things they thought they would never

accomplish or overcome, and the race has hopes to inspire many more in years to come. For more information, visit www.runfortherolls.com.

ENDORSED EVENTS



Greatest Fourth in the North

• LAKE CITY •

For more than 20 years, the Greatest Fourth in the North walk and run has been held in conjunction with Lake City's "Greatest Fourth in the North" Celebration. This event includes a 2K fun run, 5K walk, 5K run and 10K run. The relatively easy course through partially wooded areas and along Lake Missaukee draws in more participants every year. The Greatest Fourth in the North proceeds benefit the Lake City Athletic Boosters each year. "We have such a wonderful event, and great volunteers that make this race possible," said Shawn Redman, race coordinator of Greatest Fourth in the North. "I love seeing the people who live along the route outside cheering the runners on, as well as those who are lined up on the street waiting for the parade that follows the race." The community supports this event and festivities each year helping to continue its growth and strive towards encouraging physical activity. For more information about the Greatest Fourth in the North, please visit www.lakecitymich.com/michigan/greatest-4th-in-the-north/.



Michiana Fruit Belt Series

• MULTIPLE CITIES •

The "Fruit Belt Series" began in 2007 as a fitness program to encourage healthy eating and physical fitness by promoting the various fruit festival run and walk events in Michigan. In 2009 the Michigan "Fruit Belt Series" changed its name to the Michiana "Fruit Belt Series" to better incorporate the surrounding fruit belt states. The series consists of six runs, including: the Strawberry Run, Cherry Run, Glad-Peach Run, Michigan Blueberry Run, Indiana Blueberry Run and Grape Lake Run. Participants that finish with a recorded time at four of the six races win a commemorative gold coin award. These runs not only promote exercise, but encourage Michigan and surrounding states to embrace how much the country relies on the fruit belt products and its growers. Part of the series promotion states "Fuel your body with 'The Good Stuff'....Michiana fruit and get physical!" "It gives me great joy to volunteer

and work on these community events, knowing that all efforts are designed to assist individuals and families in achieving greater awareness of their health, physical fitness and dietary needs," says Martin Quigley Jr., founder and director of Michiana "Fruit Belt Series." "This fitness program challenge allows people to work and achieve fitness goals that can be shared among families and friends for years to come." To learn more about the Michiana "Fruit Belt Series," e-mail Martin Quigley Jr. at mjqjrun@aol.com.

LIST OF PARTICIPANTS

Alcona

ERIK KISTE

Alger

PATRICIA ORDIWAY

Allegan

HEATHER KING
BRANDI MEYER
MATTHEW WAITE

Alpena

DONALD CLAY
BOB SEHN

Antrim

GEORGE BENINGTON

Barry

CAROL POSTMA

Bay

JENNIFER AYERS-GOULD
JASON BAKER
ROGER HUS
JERRY KACZYNSKI
JOE KACZYNSKI
DENISE KAYNER
JOSEPH MAIDA
SALLY MCGREERY
TIFFANY SILVER
DANIELLE SOCIER
KASEY WACKERLE

Benzie

JULIE ALTON
KEITH CONWAY
DEBRA RAFFERTY
ROBERT RAFFERTY

Berrien

KATIE BEVIER
ROBERT SIEKO

Calhoun

MARK CUTLER
SCOTT SILKWORTH
DHARMESH VALSADIA
GERALD YOTT

Charlevoix

MARY IVEY
MICKI MCHUGH
ELIZABETH NORTON
GREGG SWANSON

Cheboygan

KAYLN STOKES

Chippewa

JOHN DANSDILL
MARK RICE

Clinton

MICHELLE ANDERSEN
MARYANN BAXTER
JACALYN BLACK
SCOTT BLUST
BOBBY CRIM
JAMES DENNIS
NICHOLAS EKEL, JR.
STEPHEN SHINE
JULIE YOUNG
MICHAEL YOUNG

Crawford

GRETCHEN WALSH

Delta

PEGGY AUSTIN
WILLIAM AUSTIN
TODD GOYMERAC
JACK THOMAS III

Eaton

AUNGELICA BOSHEA
DAVID BRICKEY
PAUL JACOKES
DEBORAH LEA
NICHOLAS MCNEW
JILL NIEMI
NATHAN OHLE
CHAD PAALMAN
REBECCA PAALMAN
RONALD SHEPARD
TONI WALKER

Emmet

BOB KANDL
KATE LUDLOW
DAVE NORTON
THOMAS STANLEY

Genesee

KEITH BEARUP
STEVE BERRIMAN
SAM BURDICK
MICHAEL CHAPMAN
REBECCA HAUGHEY
MARIE JONES-WATTS
GERRY MYERS

JANE O'DELL
ROBERT OAKES
JOEL SHANKSTER

Gladwin

KARI DAWLEY
SCOTT PRZYSTAS

Grand Traverse

ELIZABETH AMMOND
MATT DEMNY
ANNE FRIEDLANDER
JESSICA KERFOOT

Gratiot

ASHLEY AMES
BOBBIE BRZAK
ERIC CHILDS
LAWRENCE DONAHUE

Houghton

DENNIS GAST

Ingham

PATRICIA CALORE
STEPHEN CRIPPEN
TODD CULVER
LYNN DUVAL
MARK EYSTER
KRISTINE FINK
MICHAEL FINK
BRENDA GARDNER
ALAN GRILL
LORRAINE GRILL
RHONDA HAMPTON
LEON HANK
DAVID HILL
DAWN HOMER
KATHRYN HULTEEN
SUSAN LUTER
JOHN MCPHAIL
MARIA MENDEZ
REX MENOLD
LEZA REBERA
ELIZABETH RICE
KRISTA RIED
JENNIFER SANDSTEDT
REDDOG SINA
CHRISTINE SMALLEY
IVY TAGGER
GARY WEBBER
NOELLE WEGENER
ANDREW ZINK

LIST OF PARTICIPANTS

Ionia

KATHY ENZ
CHARLES E. ROSS
LARRY TROYER

Iosco

WENDY GALLIEN

Isabella

MONICA FOX
CREIG GREY
CINDY LOMBARD
STEPHANIE MOUSSEAU

Jackson

CATHY BRUBAKER
LORENDA FAIST
AMANDA MCPHAIL
GARY NICHOLS
JENNIFER NICHOLS
JEFFREY WINDHAM

Kalamazoo

GREGG ANDRES
MAUREEN MILLER
TOM NOALL
MICHELE RICHARDS
PETER SEUSS-BRAKEMAN
JOHN SHUBNELL
JONATHAN SWEGLES
CHRISTINA THOMAS

Kalkaska

DANA LABELLE

Kent

KEN ACHARD
JEFFERY ANDERSON
TAMMY ANDERSON
GORDON CARPENTER
KAREN COOK
LYDIA CORMIER
DAVE COYKENDALL
STUART DAVEY
MICHELLE GORDON
ROY HAGLE
AMANDA KITCHEN
ANTHONY KUHTZ
JENNY KUHTZ
TODD MCMYLER
EMILY METZGER
BARBARA MOUSSEAU
JUDY NOVAK
GARRY RINGNALDA
JOHN ROTTSCHAFFER

SCOTT RYBAK
BRIAN STEINBERG
MINDY TILLI
KEN VISGER
MICHAEL WOODBECK

Lapeer

MARY BLACK

Leelanau

CHUCK VALLEAU
CRISTOPHER VANDERBURG
MATT WYNSMA

Lenawee

SARA GRAMMES
RAYMOND LENNARD
SPENCER RUFFNER

Livingston

BARBARA CAMPBELL
BETSY CAMPBELL
JANE EVANS
LAURA GOOD
FRANCES MUTUAL
THOMAS SZOCINSKI
BRIAN WRIGHT

Mackinac

GREGORY HOKANS
BETTY LITZNER
DAN MUSSER

Macomb

LAWRENCE BOWLING
KEITH GRABOSKE
BRIAN JOHNSON
JEFFERY KAERLE
WILLIAM KAERLE
RICHARD MARQUETTE
GREGORY McVAY
ROBIN PANICCIA
MICHELLE PHILLIPS
KINGSLEY SEARS
PATRICK TESS
WILLIAM TRZOS
STEPHEN ULBRICH
MICHAEL WARD

Marquette

JASON DONEY
SARAH ENGSTROM

Mason

LORI GREEN

Mecosta

JILL FORNEY

Midland

MARK BONE
CLAYTON BROWN
JENNIFER BROWN
CRAIG FINKBEINER
JILL GUSHOW
MICHAEL MARKES
MARK MCPHERSON
WILLIAM PRITCHETT
BRUCE VANCE

Monroe

JAMES JACKEL
JEFF WALTERS

Montcalm

DAVID BEBIAK
ALVIN HELMS
STACIE ROSE
CATHERINE SCHUSTER
KELLI TAMMONE
RONALD TRACHET

Montmorency

JOHN FALLOT

Muskegon

JOHN METZ

Newaygo

TRICIA CRATER
MARK HYRNS

Oakland

PAUL ANDERSON
PATRICIA BALL
JAMIE BENEFIEL
LISA BRADY
SHARON DENIECE CLARK
DEBORA DEREN
JAMES DEREN
DAN DEWEY
DENNIS DLUGOKINSKI
MICHAEL FITZGERALD
MAURA GATOWSKI
NEIL HAYNER
ELAINE C. HAZEL
MICHAEL KRAMER
BENJAMIN LABADIE
COURTNEY LABADIE
ANITA LAURILA
ARGENTA LUCAS

ENDORSED EVENTS



Detroit Turkey Trot

• DETROIT •

This Thanksgiving marks the 27th annual Fifth Third Detroit Turkey Trot, Stuffing Strut and Mashed Potato Mile produced by the Parade Company. The event is incorporated with America's Thanksgiving Parade and is considered the "Parade before the Parade." This unique 10K, 5K and one mile run/walk along the Detroit River and through the heart of downtown encourages runners to wear costumes in hopes of winning prizes in a contest judged by celebrities. There have been costumes from Santa and his reindeer to a vocal and spirited woman who walked the entire race in last place dressed as Miss Piggy. The Detroit Turkey Trot's attendance has grown tremendously over the last couple of years, currently hosting more than 11,000 participants. This recent growth is allowing the event to add more amenities to their race in the near future such as easier early registration, pre-paid parking and a pre-race party. The event's proceeds benefit the Michigan Thanksgiving Parade Foundation, the Parade Company, Special Olympics and Capuchin Kitchen. With the costumes and the parade afterwards, the Detroit Turkey Trot encourages families and friends to enjoy physical activity in an upbeat and different atmosphere than typical races. For more information, visit www.theparade.org.



Gault Race Management

• MULTIPLE CITIES •

Gault Race Management (GRM) has been involved with the Mackinac Island events for many years. Each of the three events have their own unique history and GRM's involvement was a natural progression that combined love of the sport and love of the Island.

The Mackinac Island Lilac Festival 10K was started by the Mackinac Island Chamber of Commerce as part of their annual Lilac Festival. Every year it brings 750 people to run and walk the 10K race and enjoy the Lilac Festival. The course combines all the beauty and charm of Mackinac Island that keeps drawing runners back.

The Mackinac Island Eight Mile is the oldest event in the series and one of the oldest events in the state. It runs the entire perimeter of Mackinac Island on the shoreline. This year's event will be held on the Saturday September 12. It is truly a family event with an eight-mile run/walk and kids run.

The final race hosted by GRM is the Mackinac Island Great Turtle Half Marathon. This race is held on the 4th Saturday of October, and is mostly trails with some challenging rolling hills. This race has been marked a favorite by all participants.

GRM is pleased to offer these three great events on Mackinac Island and expect all of them to grow in coming years. Each race means a great deal to GRM because the Island has become like family. GRM is confident that anyone who comes to one or more of the events will not be disappointed! For more information or to register for an event, go to www.runmackinac.com.

ENDORSED EVENTS



Borgess Run for the Health of It

• KALAMAZOO •

Celebrating its 30th anniversary, Borgess Run for the Health of It has proved once again to be a celebration for the arrival of spring in Kalamazoo. Taking place the last Friday and Saturday of April each year, this gathering offers six signature events with 4,500 participants. The top four events with the most participants are: The National City Half Marathon, Borgess 5K, Priority Health Walk and the Meijer Kids Fun Run. Of the 4,500 participants, more than 1,200 are school children who participate in the one-mile Meijer Kids Fun Run, held in unison with the Runner's Expo and the Motivational Mile for individuals overcoming illness and injury. Borgess continues

to inspire countless people to commit themselves to better health. In addition to being a regional draw, the Borgess Run for the Health of It is a 13-week winter training program with 300 participants each year. Proceeds from the Priority Health 5K walk benefit the Borgess Foundation and have made possible cardiac rehabilitation scholarships and diabetes education. For more information on Borgess Run for the Health of It visit www.borgessrun.com.



Crim Festival of Races

• FLINT •

The Crim Festival of Races, founded by past Speaker of the Michigan House of Representatives Bobby Crim, includes a 10 miler, 8K, 5K and one mile run. After 34 years, the Crim Festival of Races has grown into the largest running event in the state, now with approximately 15,000 runners and walkers annually. The participants

of the Crim Festival of Races range in age and skill level making the event appealing to all runners. Some unique aspects of the Crim Festival of Races include the variety of participants, the historical course through the greater-Flint area and the tremendous support throughout the entire course. This year, the USA Track and Field Women's National Championship will be running in conjunction with Crim Festival of Races 2009 while the USA Track and Field Men's National Championship will be held in conjunction with the Crim Festival of Races 2010. The Crim Fitness Foundation is the sole beneficiary of the Crim Festival of Races. The Crim Fitness Foundation is a non-profit charitable organization which utilizes the proceeds from the race to cover expenses for its nationally acclaimed Youth Fitness Program. This provides free running programs in all Flint public elementary schools to any interested students. For more information about the Crim Festival of Races, please visit <http://www.crim.org/>.

LIST OF PARTICIPANTS

MARLA MILLAR
MARK MILLER
RAYMOND MILLER
MATT NORTON
LORA D'BRANOVIC
MICHAEL ODETTE
LISA OJA
RANDY OTTO
WILLIAM MICHAEL QUANE
SUNIL RAMAKRISHNAPPA
SARAH SCHMIDT
JOHN SIRAGUSA
SUSAN SIRAGUSA
DEANNA SKELCY
DOUGLAS SMITH
JOE TERRANOVA
ELLEN WAISANEN
CHARLES WARRICK
DON WELLMAN
VALERIE WILTON
MARGARET WIRTH
CALLIE WIT

Oceana

RANDALL SLIKKERS

Ogemaw

LAURA CLARK

Osceola

SHARON KELSEY

Otsego

CHRIS RIDER

Ottawa

NANCY GEERLINGS
AMY-LYNN HALVERSON
WALLACE HARRIS
MIKE LEE
MERRY JOY LUKE
ROBERT LUKE
BETH MAST
ANDREW MILLS
DANIEL TATLOCK
JEFF VANZANT
JANELLE WIERENGA
MATT WIERSMA

Presque Isle

RICHARD VOLTZ

Roscommon

TOM D'AMBROSIO

Saginaw

MECHELLE KUCHAR
GARNET LEWIS
CAMILLA MEDEL-MAYER
TIM WEISENBERGER

Sanilac

SHELLY MCCARTY
CRYSTAL OSWALD
JASON RICK
PATRICIA TESNER

Schoolcraft

SCOTT SPRADER

Shiawassee

CHERYL KORF
MICHAEL MULCRONE

St. Clair

JAMES BERRY
JANE CAISTER
COURTNEY DAZER
DENNIS DAZER
SANDRA DAZER
GAIL NAWROCK
LINDSEY NETERER

St. Joseph

MELISSA BERG

Van Buren

LEO FLORY
JANICE FULFORD

Washtenaw

JASON FITCH
JOHN HANNA
MANETTE LONDON
RAELENE MILLER-HAGAN
ANAS ORFALI
DAVID PFIESTER
LAURA SHILTZ
KATHRYN SLEEMAN
SARAH SMALHEER
JOHN TINCHER
TARA TRUAX

Wayne

TAMILYANAN ARUNACHALAM
KELLY ASHCRAFT
KERRI BARBERIO
JOCELYN BENSON
COLIN CAMPBELL
KELLY CAMPBELL

SCOTT COLLINS
THOMAS COOMBS
JOHN FOLEY
THOMAS GROSS
JEFF HAMRIC
ESTHER HAUGABOOK
JUDY HOBAN
ROBERT HOBAN
MICHAEL MANSFIELD
DAYNA NIEMI
STEPHEN O'HARRIS
JAMES TEFEND
LASHANDA THOMAS
NICOLE TROMBLEY
ALLISON WRIGHT
MATTHEW ZISSLER

Wexford

KELLY MALMBORG
MASON PALMER

Featured Endorsed Events

The Governor's Council on Physical Fitness endorses more than 360 events throughout the state that are consistent with their mission to "Get Michigan Moving." Through a review committee the Council endorses local, regional and statewide events that promote physical activity to Michigan residents. This year, ten exceptional events are featured in honor of their effort to provide community members with an opportunity to be physically active.

There are numerous benefits for events that seek and are granted endorsement from the Governor's Council. These benefits include:

- The Governor's Council "seal of approval," which ensures to participants that the event is of high quality.
- Promotion of the event on the Governor's Council/Michigan Fitness Foundation Web site.
- Permission to use the Governor's Council logo on event materials.

Those interested in finding a local endorsed event can search the database by event category, date, or location by visiting the Governor's Council website at: www.michiganfitness.org/endorsements. Event organizers may submit an event for endorsement consideration at the same site. Application criteria related to the safety and well-being of participants, qualifications of event organizers and officials, emergency procedures and participation opportunities are considered when granting endorsement for a fitness event in Michigan.

Participation in an endorsed running event is required to qualify for entry in the Mackinac Bridge Labor Day Run lottery. More information on lottery qualifications and entry procedures can be found at www.michiganfitness.org/bridgerun.html.



**Thank you for sharing
your expertise and support
which help make the
Mackinac Bridge Labor Day Run
a success**

IN ADDITION, WE THANK
JOHN MCPHAIL
FOR ONGOING SUPPORT

3 Disciplines Racing

• MULTIPLE CITIES •



3 Disciplines Racing was created to fill the need for high quality events promoting health and fitness throughout the entire state. This series tries to host more than 30 events in Michigan's top tourist destinations so the entire family can enjoy participating and have plenty to see and do afterward. Almost all of the multi-sport events have a sprint race, a long course race, a duathlon and a SuperKidsTry event. In addition to promoting health and fitness, 3 Disciplines Racing is highly involved with communities throughout the state. They have donated thousands of pounds of food to local charities and soup kitchens, more than 450

pairs of old running shoes to the families in the Appalachian Mountains, thousands of old event t-shirts to shelters across the state, and more than \$250,000 in cash and event services to over a dozen charity groups. In addition to this, virtually all of the events have high school sports programs on board as support crew and in turn 3 Disciplines makes a donation back to those programs. "Without question, hosting so many events in our short window in Michigan really wears our staff down mentally and physically, but every time we get e-mails from participants saying how we effected them, it just automatically re-energizes us," said Kenny Krell, 3 Disciplines Racing director. "Each time it further solidifies that I am doing what I was meant to do, and shows our staff that they are appreciated and we need to be the best at what we do." To learn about all the races 3 Disciplines Racing puts on in Michigan, visit <http://www.3disciplines.com/>.



Big Brothers Big Sisters Fun Run

• NEGAUNEE •

Each year, for the past 28 years, the Big Brothers Big Sisters Fun Run draws nearly 170 participants. The 2 mile fun run/walk or 10K offers courses that travel through Old Town Negaunee. The course is a unique aspect of this race as it weaves through a very beautiful, challenging and appealing course. The race is held annually for the Pioneer Day celebration in Negaunee. During the race a contest is held among the Negaunee High School Big Brothers Big Sisters for the best Fun Run t-shirt design. Ranging from ages 5 and older, the

event helps to benefit the Big Brothers Big Sisters program of Marquette and Alger Counties. The Fun Run helps match more local children with a Big Brother or Sister. One of the great parts about this event is watching the kids in the matching program race their Big Brother or Big Sister to the finish line, and then continue to cheer others on. This event is also a great way for families in the community to become involved and experience the fun and excitement of joining the program. The hopes for this race are to keep expanding and continue matching children with a Big Brother or Big Sister, because the kids are gaining great role models while having a blast. For more information please visit www.bbbsmq.org.