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MICHIGAN HEALTH-WEST
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MetroWay 5K & YMCA Youth Races

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Proceeds help provide free and low-cost educational programs and health screens for people in our community.

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Water Donated by Gordon Water



Welcome to the Metro Way 5K & YMCA Youth Races

This event welcomes all ages and abilities: walkers, beginning runners, children and even stroller-pushing parents in addition to seasoned runners. Whether you're trying to beat your personal best time, just get your kids off the couch in the middle of summer or add a new challenge to your exercise program, the Metro Way 5K & YMCA Youth Races makes it fun!



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THANKS FOR SUPPORTING THE METRO WAY 5K!

Thanks to our participants and sponsors.
Every cent raised goes right back into our
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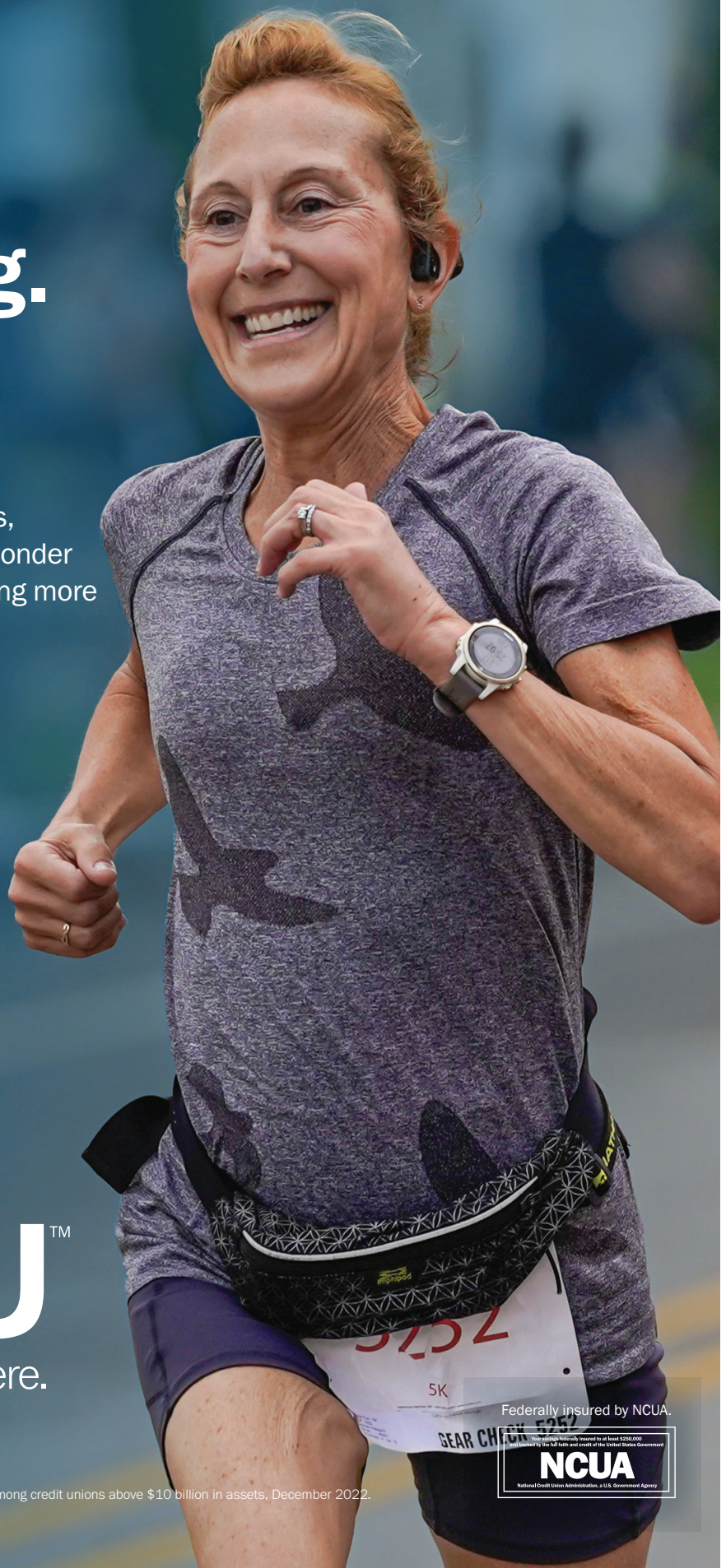
Visit [LMCU.org](https://www.lmcu.org),

call (800) 242-9790,

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*LMCU is rated #1 in the nation by Callahan & Associates for Return of the Member among credit unions above \$10 billion in assets, December 2022.



Federally insured by NCUA.



RACE DAY OVERVIEW

The Village • 1980 Metro Court SW Wyoming, MI

EVENT MC: Ryan Graham
*impACT Board of Directors,
Past Chairperson*

9 AM - 2 PM

EARLY RACE CHECK-IN & LATE REGISTRATION

UM Health-West Farm Market

Visit the registration tent at the Farm Market to pick up your bib and t-shirt* or register for \$35 (exact cash or major credit card). Event check-in and late registration also available beginning at 5 pm before race starts.

5 - 6:25 PM

RACE CHECK-IN & LATE REGISTRATION

Race Headquarters

Visit the registration tent near the start/finish line to pick up your bib and t-shirt* or register for \$35 (exact cash or major credit card).

5:45 PM

YMCA YOUTH RACES WARM UP

6 - 6:25 PM

YMCA YOUTH RACES

50 Yard Dash - Ages: 3-4
100 Yard Dash - Ages: 5-7
150 Yard Dash - Ages: 8-10

6:30 - 8 PM

METROWAY 5K

Visit our 5K photo booth, sponsors' booths and food area.

7:15 PM

5K AWARDS

* **Please note:** 5K shirts are guaranteed to participants who were registered before July 5, 2023. Additional shirts will be available during race day while supplies last, on a first come, first serve basis.

VIRTUAL RACE OVERVIEW

THURSDAY, JULY 13 - THURSDAY, JULY 20

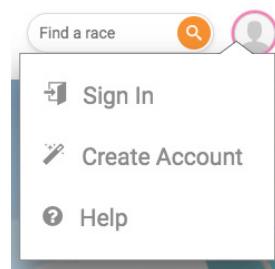
Walk, jog or run your 5K.

Upload your results to your RunSignUp account by 11:59 pm on Thursday, July 20.

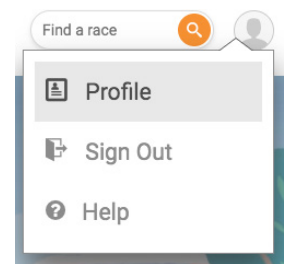
T-shirts and medal will be shipped to you.

SUBMITTING YOUR RESULTS:

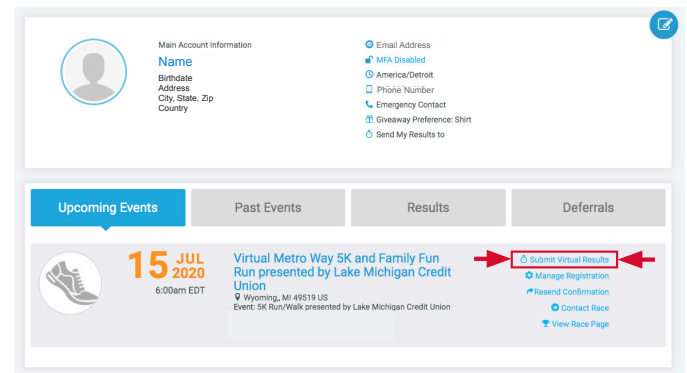
1. Go to runsignup.com & login



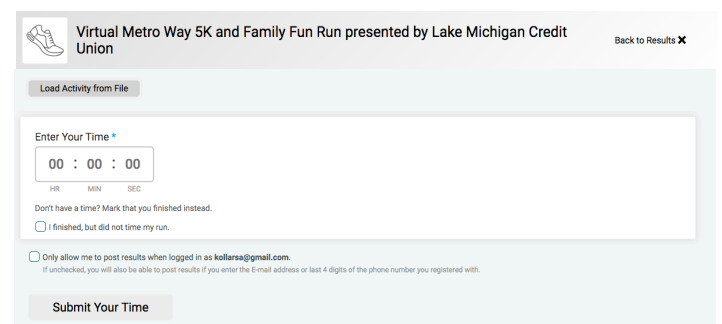
2. Select Profile



3. Under Upcoming Events and click Submit Virtual Results



4. Follow instructions on screen



METRO WAY 5K

CANCELLATION POLICIES

Entry fees are nonrefundable and nontransferable

Entry fees are nonrefundable and nontransferable under all circumstances, including, but not limited to, cancellation of the event or of your participation, or change in the date, nature, or format of the event. An event may be canceled due to severe weather or other factors that threaten the safety of participants, staff, or volunteers. Race bibs cannot be transferred to another participant. We also do not allow entries to be rolled over to another year.

Once we receive and accept your entry, you will not receive a refund. If you cannot participate in the event, you may not sell your race number to anyone else.

Runners who participate in races they are not registered for will be disqualified.

Threatening weather conditions cancellation policies

Runners, their families and guests, our employees and our volunteers safety is our first priority. The Metro Way 5K & YMCA Youth Races will happen with safe weather. When conditions present a danger to our runners, their families, our staff and our volunteers, UM Health-West officials maintain the right to cancel or postpone the start of each event. Such conditions will not result in refunding of any race entry fees or future event credits.

The Metro Way 5K may be canceled or delayed if any of the following weather conditions exist: extreme heat and humidity, storm watch or warning, thunderstorms, extreme thunderstorms and lightning, hail, heavy hail storms, extreme high winds - anywhere in the vicinity of the race area.

Start of the race/cancellation of the event

The start of any of the events may be delayed up to one (1) hour from the posted start time if any of the above mentioned conditions exist. The events may be canceled if any of the weather conditions continue and we deem it unsafe for our participants to race.

Authority to cancel the event

The Race Director, in accordance with the City of Wyoming and University of Michigan Health-West, and local law enforcement, has the authority to cancel the event. If threatening weather conditions force cancellation of the events, no refunds will be provided, since funds were already spent in preparation for race day.

If canceled, how we are going to get the word out?

If the event is canceled before or less than 24 hours prior to the official start time, all participants will be notified via email that you provided in your registration, and the information will be posted on our Facebook page, and our official race website UofMHealthWest.org/5k.

2023 MetroWay 5K & YMCA Youth Races Event Map



Start & Finish Line



5K Route

Hydration Station

Awards Tent

Bus Stop

Mile Markers



Check-In



Late Registration



Volunteer Check-In



First Aid Tent



Kids Tent



Restrooms



No Parking



Parking (Street/Lot)



Police/Traffic Control



Post-5K Food



Sponsors Tent



Stop Light

Presented by



uofmhealthwest.org/5k

MetroWay 5K Layout



WHAT SHOULD I EAT/DRINK BEFORE I RACE?

Try to eat about 2 hours prior to the race. Keep it light and simple – a bowl of oatmeal with dried fruit, banana, sports bar or bagel with peanut butter, for example. Be sure to drink plenty of water all day (and after the run). You can also have a small snack right before the race.

RACE-DAY TIPS

Even for seasoned runners, the days before a race can be stressful. With all the hope and hard work that you've invested, you want to arrive at the starting line feeling calm, healthy and ready to run your best. Here are a few reminders to keep you on track before the starting gun fires:

- **Hydrate the day before the race**
- **Prepare the night before the race** Lay out your clothes, pack your bag and be ready to go.
- **Stay hydrated throughout the day**
- **Arrive early**
- **Don't wear more clothing than you need**
- **Don't wear new gear on race day**
- **Start slow, and stay even**
- And the most important thing to remember:
Have fun!

THANKS FOR SUPPORTING THE METRO WAY 5K & YMCA YOUTH RACES

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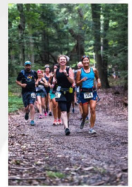


We are Gazelle Sports.

More than just a specialty running store, we are locally-owned and operated, born and raised in Michigan, and on a mission to give back to the communities we call home.

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- Personalized gait analysis and shoe fittings
- In-store clinics
- Group runs
- Connection to community events



We believe movement can change your life, and we're committed to supporting, encouraging, and celebrating healthy, active lifestyles for all. Let's move!

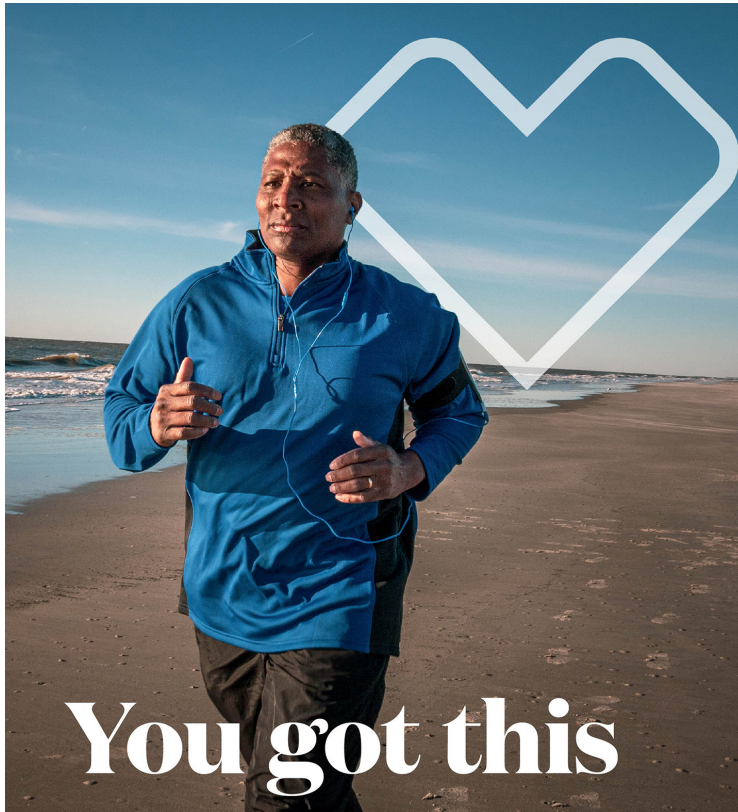


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We celebrate University of Michigan Health-West Foundation's efforts to promote active lifestyles through health, fitness and education.

Good luck to everyone competing in the Metro 5K and YMCA Youth races!



COMMON QUESTIONS & ANSWERS

Will bathrooms be available?

Portajons will be available near check-in and along the course near the water station.

Can I bring my dog?

While we love furry friends, dogs are not allowed at this event, with the exception of service dogs. It's expected to be a hot day, so please leave your dog at home – not in your car – during the event.

Is someone taking photos?

Yes! We will post photos on our Facebook page during, after and in the days following the race. Visit our photo booth, too! Join the fun using #MetroWay5K.

Can I listen to music on the route?

Yes, however, we recommend that you only use one earbud and be alert to your surroundings.

What should I eat/drink before the race?

Try to eat about 2 hours prior to the race. Keep it light and simple – a bowl of oatmeal with dried fruit, banana, sports bar or bagel with peanut butter, for example. Be sure to drink plenty of water all day (and after the run). You can also have a small snack right before the race.

Is food provided?

Yes! A number of sponsors are generously donating free food/water for participants.

What if I get sick/injured during the race?

The UM Health-West Sports Medicine first aid station will be located next to the start/finish line. In addition, there will be an aid station and volunteers posted along the route to monitor participants.

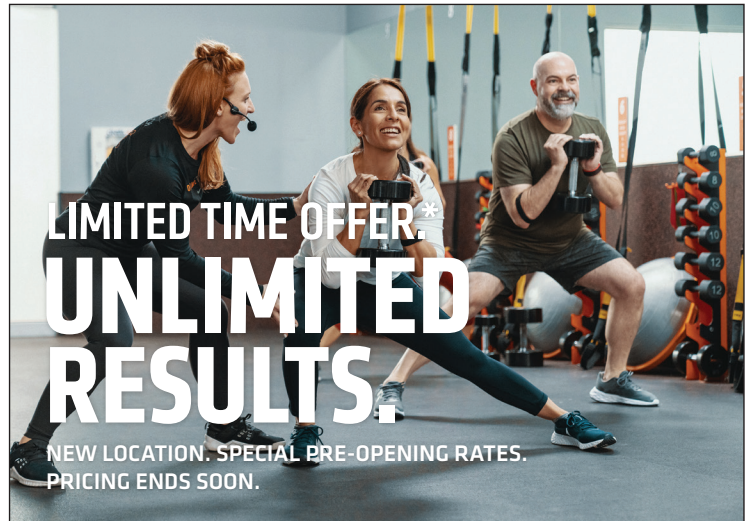
If you feel ill or have recently been ill with fever, vomiting, diarrhea or chest discomfort, please consider withdrawing from the race or consult with medical staff at the first aid station prior to the start of the race.

If I toss clothing during the 5K, will I be able to claim it later?

No, anything left on the course will be donated to charity or thrown away.

How can I find my official race time?

Results will be posted at the event, or you can use this link to find your bib number and/or check post-race results: runsignup.com/mw5k2023/results



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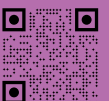
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AHC HOSPITALITY
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RACE RECOVERY TIPS

So, you've just run a 5K. What do you do to help your recovery?

Cool Down

After the race, don't just stop running. Your muscles need to cool down. Your cool down could simply be walking for 5-10 minutes or a slow run for a mile or two. This will help get the lactic acid out of your muscles, prevent your muscles from tightening and keep the blood flowing through your system to help with muscle repair.

After the walk or slow run, some light stretching will help as well. Don't stretch too vigorously – just stretch enough to sooth your muscles. Take the time to give your legs a massage.

Eat

You may not have burned a ton of calories, but you still need to make sure you replace the calories you lost. You won't need a lot, so look for foods at the race that have

extra nutrients. You may also want to pack your favorite energy bar to help refuel. But be careful you don't overeat.

Hydrate

No matter what your speed was, you need to make sure you hydrate after your race. Replacing the fluids you lost is essential to help prevent any headaches and muscle cramping.

The Day After

The day after your 5K, go for a short, easy-paced run. This will help get the blood flowing through your system to aid in muscle repair. A short run can also help to alleviate any aches you may feel.

If your quads or calves are particularly sore, ice them down. Icing can help reduce the pain and inflammation in your aching muscles. Don't hesitate to massage your legs again. Even if they're sore, your muscles will appreciate the massage.



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good luck runners!

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Good Luck Metro Way 5K Participants!

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