

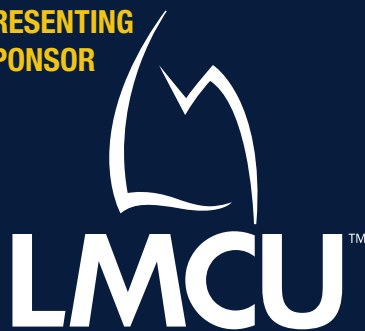


UNIVERSITY OF  
MICHIGAN HEALTH-WEST  
MICHIGAN MEDICINE

# METRO WAY 5K & YMCA Youth Races

# RACE PACKET

PRESENTING  
SPONSOR



REGISTRATION  
SPONSOR



[UofMHealthWest.org/5K](http://UofMHealthWest.org/5K) • [Twitter.com/UofMHealthWest](https://twitter.com/UofMHealthWest)

[#MetroWay5K](https://www.facebook.com/UofMHealthWest) • [Facebook.com/UofMHealthWest](https://www.facebook.com/UofMHealthWest)

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

# THANKS TO OUR SPONSORS

## PRESENTING SPONSOR



## REGISTRATION SPONSOR



## OLYMPIAN SPONSORS

**Stephen Klotz  
Family Foundation**



**Jim & Mary Veldheer**

## MARATHONER SPONSORS

**Certified Emergency  
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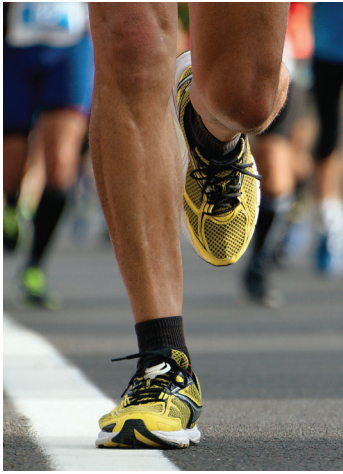
**Arrowwaste • Dickinson Wright • Dr. Ronald & Linda Grifka • Ken Ferris Construction  
Greg & Kerry Meyer • Summit Landscape Management**

## YMCA YOUTH RACES SPONSOR

**Blue Cross Blue Shield**

## OFFICIAL MEDICAL PROVIDER





## 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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# LANDSCAPE MANAGEMENT

**Four seasons. One team.**

## Good Luck, Racers!

[www.djslandscape.com](http://www.djslandscape.com)



# Certified Emergency Medicine Specialists



## THANKS FOR SUPPORTING THE METRO WAY 5K!

Thanks to our participants and sponsors. Every cent raised goes right back into our community by providing free and low cost educational health and wellness classes.

To learn more, visit  
[UofMHealthWest.org/live-healthy](https://UofMHealthWest.org/live-healthy)



# Comeback stories start here.

Using cutting-edge technology and innovative approaches, our experts provide the highest standard of personalized chronic pain care in West Michigan. Don't wait. Start your comeback story at Haven Spine + Pain today.

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or learn more.



**Haven  
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# WE GET YOU METRO WAY 5K RUNNERS & WALKERS /

**OUTFRONT /**

# Earn More. Finish Strong.

Whether you are on the pathway to homeownership or making strides towards your financial goals, LMCU is here to help you finish strong. It's why we're named **#1 in the nation** for keeping more money in our members' pockets.\*

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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, March 2024.

Federally insured by NCUA.



# RACE DAY OVERVIEW

The Village • 1980 Metro Court SW Wyoming, MI

EVENT MCs: Ryan Graham | *Foundation Board*  
 Josh Berry | *impACT Board of Directors*

5 - 6:25 PM

## RACE CHECK-IN & LATE REGISTRATION

### Race Headquarters

Visit the registration tent to pick up your bib and t-shirt\* or register for \$40 (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 3, 2024. Additional shirts will be available during race day while supplies last, on a first come, first serve basis.



# VIRTUAL RACE OVERVIEW

WEDNESDAY, JULY 24 - WEDNESDAY, JULY 31

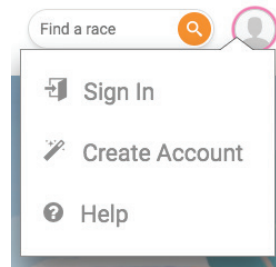
Walk, jog or run your 5K.

Upload your results to your RunSignUp account by 11:59 pm on Wednesday, July 31.

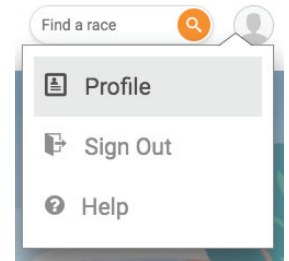
T-shirts and medal will be shipped to you.

## SUBMITTING YOUR RESULTS:

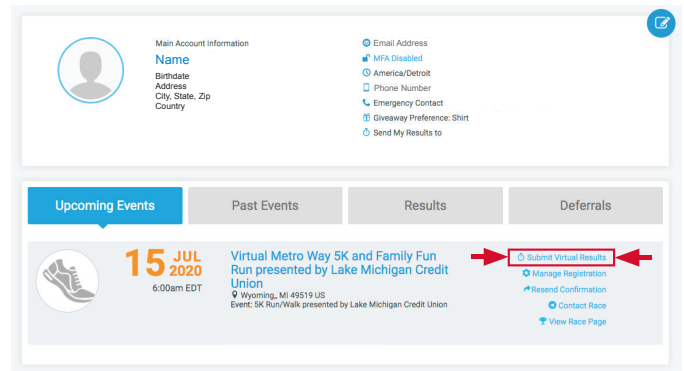
### 1. Go to runsignup.com & login



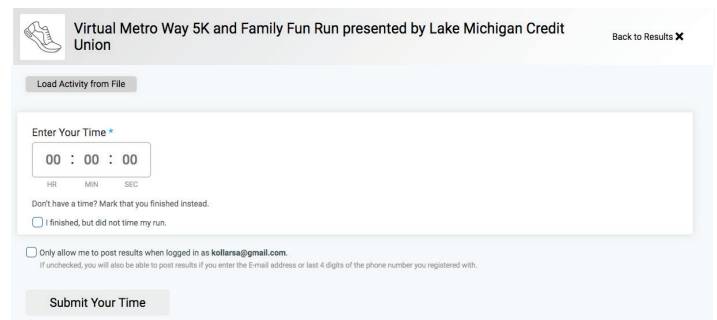
### 2. Select Profile



### 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](https://UofMHealthWest.org/5k).

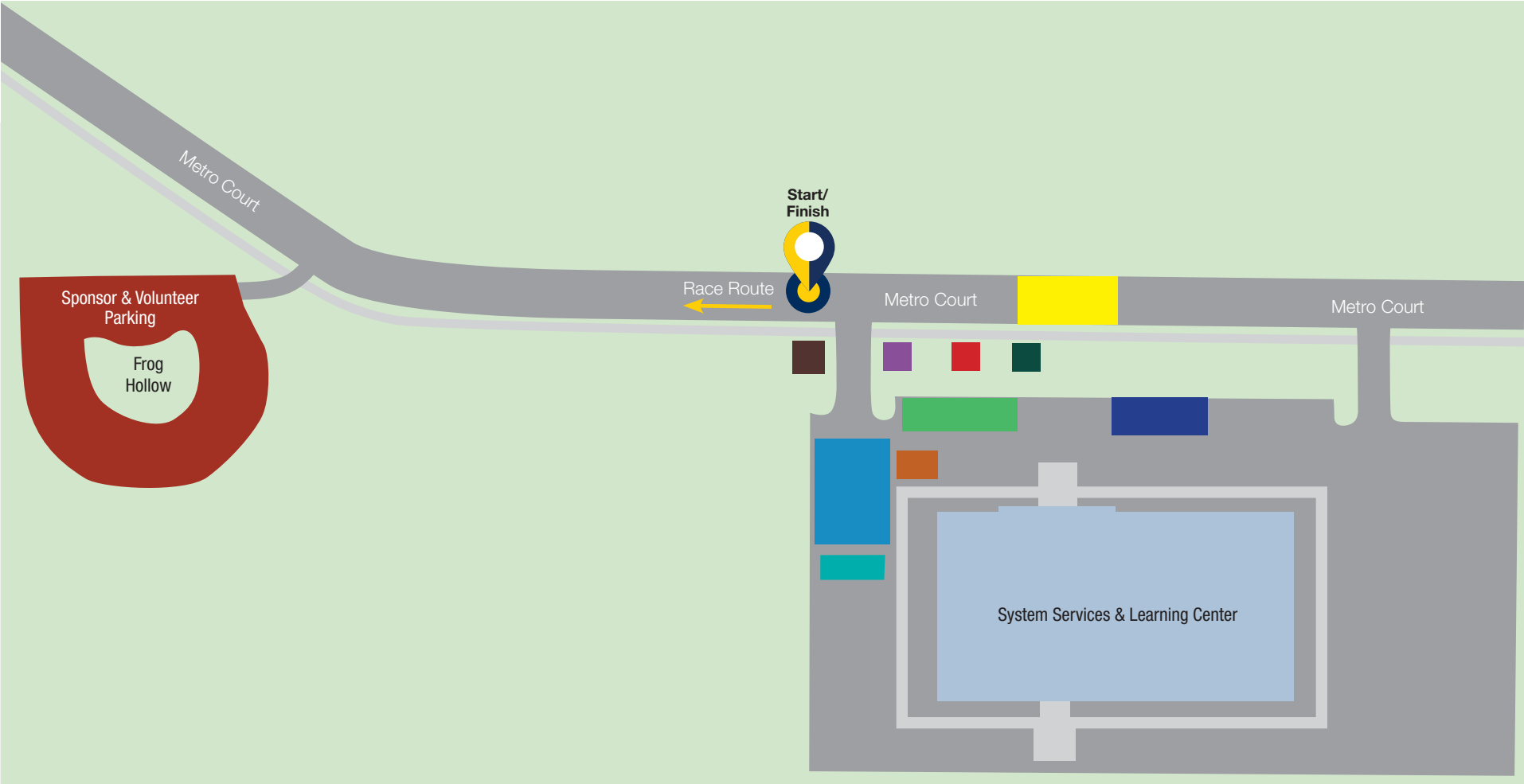
# 2024 MetroWay 5K & YMCA Youth Races Event Map



- |                     |                    |                        |
|---------------------|--------------------|------------------------|
| Start & Finish Line | Check-In           | No Parking             |
| 5K Route            | Late Registration  | Parking (Street/Lot)   |
| Hydration Station   | Volunteer Check-In | Police/Traffic Control |
| Awards Tent         | First Aid Tent     | Post-5K Food           |
| Bus Stop            | Kids Tent          | Sponsors Tent          |
| Mile Markers        | Restrooms          | Stop Light             |



# MetroWay 5K Layout



-  Start/Finish Line
-  DJ
-  Sponsor & Volunteer Parking
-  UMHW Sports Medicine Tent
-  YMCA Tent
-  Post Race Food
-  Kids Races
-  Registration/Bib Pickup/Bag Drop
-  Awards & Volunteer Tent
-  Sponsor Alley
-  Los Jalapeños Food Truck
-  Restrooms



# GOOD LUCK Runners!

## Stephen Klotz Family Foundation

### THE STEVE & AMY VAN ANDEL FOUNDATION



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is free?

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win up to  
**\$20,000\***  
to pay off your loan!



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\*OMG! (Oh My Gosh!) Raffle period is June 1 - August 31, 2024. Odds of winning depend on number of eligible entries received. All new, used, and refinanced vehicle and recreational vehicle loans of \$7500 or more will be automatically entered to win. Refinancing of existing KCCU vehicle loans do not qualify. KCCU will pay off one raffle winner's KCCU car, truck, motorcycle, boat, or RV loan up to \$20,000. Visit us online for full details and raffle rules. A 1099 may be issued for tax purposes. Offer is available for a limited time. Federally insured by NCUA.

## 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.

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

CITY OF WYOMING

GIVE 'EM A BRAKE SAFETY

MEIJER

UM HEALTH-WEST SPORTS MEDICINE

OUR DEDICATED STAFF & VOLUNTEERS

## 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!**



# ***GOOD LUCK Runners!***

## **Jim & Mary Veldheer**



Looking for a strong financial finish?

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College of Osteopathic Medicine  
MICHIGAN STATE UNIVERSITY

The Michigan State University College of Osteopathic Medicine is dedicated to educating talented and caring physicians, researchers and physician assistants who are focused on community-based, patient-centered medical care.

We celebrate the 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 Way 5k and YMCA Youth races!*



EXCELLENCE  
BEATS **HERE**



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FIFTH THIRD  
BANK

## 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?

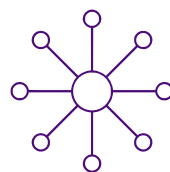
Results will be posted at the event, or you can use this link to find your bib number and/or check post-race results: [runsignup.com/mw5k2024/results](https://runsignup.com/mw5k2024/results)



## Unlock Health Benefits Savings with a Metro Care Partnership



To learn more, email [metrocare@umhwest.org](mailto:metrocare@umhwest.org)



# Insight

Benefit Administrators

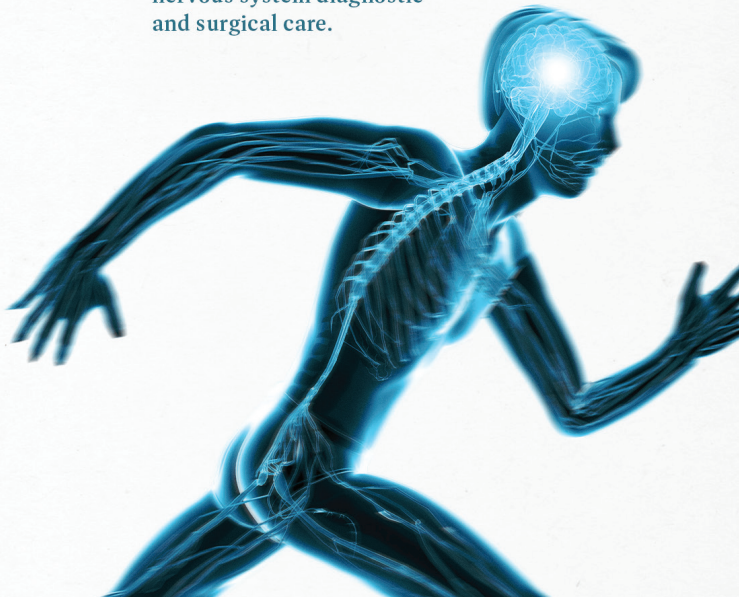
[insightba.net](https://insightba.net)

# Making strides in the field of neurosurgery.



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**Good Luck  
Metro Way 5K  
Participants!**



**OAM** Orthopaedic Associates  
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and to care for your  
running-related injuries.

Providing complete musculoskeletal care  
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to see our multiple locations in the  
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Same price as a specialist office visit.

## 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.



**KASCO**  
CONSTRUCTION

The logo for KASCO CONSTRUCTION is displayed on a dark blue background. The word "KASCO" is written in large, bold, light blue capital letters. The letter "K" is stylized with a white diamond shape inside it. Below "KASCO", the word "CONSTRUCTION" is written in smaller, bold, orange capital letters.