



## **RACE WEEK SCHEDULE OF EVENTS**

**(GRAND RAPIDS, MI – April 27, 2010)** The 33rd Annual Fifth Third River Bank Run features the largest 25K road race in the country, and is the site for the USA 25 km Open and Masters Championships. Also taking place on Saturday, May 8 is the only 25K Wheelchair Racing division in the world, 25K Handcycle division, 10K Run, 5K Run, 5K Community Walk and Junior, involving more than 18,000 participants, 38,000 spectators and 2,000 volunteers, in downtown Grand Rapids! The following is a list of race week events:

### **Friday, April 30, 6:30 pm – CraftSanity Apron Show/Silent Auction benefiting Safe Haven Ministries**

David D. Hunting YMCA (475 Lake Michigan Drive, Grand Rapids)

Fifth Third River Bank Run 2010 Road Warrior Jennifer Ackerman-Haywood hosts the Opening Reception (rsvp by emailing [jennifer@craftsanity.com](mailto:jennifer@craftsanity.com)) for her CraftSanity Apron Show and Silent Auction with all proceeds benefiting Fifth Third River Bank Run Charity Partner Safe Haven Ministries. More than 50 apron entries will be on display at the YMCA through 5:00 pm on May 6, and an online apron gallery will be at [CraftSanity.com](http://CraftSanity.com) following the show opening.

### **Saturday, May 1, 8:00 am – Last Fifth Third River Bank Run Training Run/Clinic**

David D. Hunting YMCA (475 Lake Michigan Drive, Grand Rapids)

Several hundred Fifth Third River Bank Run participants will join coaches from Gazelle Sports and RunGR for aid-station assisted training runs (variety of distances available) in downtown Grand Rapids. Participants will then return to the YMCA for refreshments compliments of Panera Bread and networking with staff from Metro Health Sports Medicine and free massages from Rebound Sports Massage Therapy. The event is free and open to the public with no pre-registration required.

### **Tuesday, May 4, 7:00-9:00 pm – “Men Not Rabbits” Benefit Concert for Degage Ministries**

Bobarinos at The BOB (20 Monroe Avenue NW, Grand Rapids)

Make a donation to Fifth Third River Bank Run Charity Partner Degage Ministries and enjoy the music of “Men Not Rabbits,” featuring lead singer Fifth Third River Bank Run Road Warrior Adam Barr. No additional cover charge; Bobarinos’ food and beverage sales available.

### **Wednesday, May 5, 4:30-7:30 pm – Fifth Third Junior**

Roger High School, 1350 Prairie Parkway SW, Wyoming

- Late Registration/Package Pick-up begins at 4:30 pm
- ½ mile and 1 mile fun runs begin on the track at 5:30 pm (run in heats)
- Junior 5K Run begins on Prairie Parkway at 6:30 pm
- All participants receive a 2010 t-shirt, finisher ribbon and post-event refreshments
- Free family fun area with games, mascots and more open from 4:30-7:30 pm

MORE

**616.771.1590 | [www.53riverbankrun.com](http://www.53riverbankrun.com)**

PO Box 2194 Grand Rapids, MI 49501-2194



## RACE WEEK SCHEDULE OF EVENTS

pg. 2

### Friday, May 7, 11 am to 8 pm – Fifth Third River Bank Run Sports & Fitness Expo

DeVos Place, 303 Monroe Avenue, downtown Grand Rapids

- Free and open to the public (16,000 people expected)
- Late Registration/Package Pick-up/Race Changes (25K, 10K Run, 5K Run and 5K Walk events)
- 100+ health and fitness vendors, samples, discounted apparel and prize drawings
- Annual Pasta Dinner, 4:30 to 8 pm. Fresh pasta, salad, rolls and beverage: \$10 for adults; \$5 for children 4-12; and free for 3 and under
- Elite Athlete Introduction, 5 to 5:30 pm (main stage)
- Gazelle Sports Fashion Show featuring the 2010 Road Warriors, 5:30 to 6 pm (main stage)
- Interactive Panel Discussion moderated by Maranda from WOTV4, 6:15-7 p.m. featuring:
  - Greg Meyer, 7-time 25K Champion and Elite Athlete Coordinator, Fifth Third River Bank Run
  - Walter Catton, 2010 Road Warrior, Fifth Third River Bank Run Reality Running Team
  - Michelle McKormick, 2010 Road Warrior, Fifth Third River Bank Run Reality Running Team
  - Adam Barr, 2010 Road Warrior, Fifth Third River Bank Run Reality Running Team

### Saturday, May 8 – Race Day

Downtown Grand Rapids, Michigan

- 6:00 – 2:00 pm; Complimentary showers/lockers available at David D. Hunting YMCA (475 Lake Michigan Drive); please park in Dash Lot 7 if non-member
- 6:30 – 8:45 am; All Events Packet Pick-up/Race Changes (DeVos Place)
- (NO EVENT DAY REGISTRATION OFFERED)
- 6:00 – 8:30 am; NEWSRADIO WOOD 1300 and ESPN 96.1 providing traffic, weather and parking
- 8:30 – 10:00 am; Wire to Wire live race coverage on ESPN 96.1
- 6:30-7:20 am; Mid-Life Crisis performs, corner of Monroe Avenue and Lyon Street
- 7:23 am; Blessing, Mayor George Heartwell
- 7:25 am; National Anthem, Mid-Life Crisis

**7:30 am**                      **START** – Fifth Third 5K Run  
*Sponsored by Buffalo Wild Wings*

**8:00 am**                      **START** – Fifth Third 10K  
*Sponsored by Meijer*

**8:10 am**                      **START** -- 25K Wheelchair Racing and Handcycle divisions  
Sponsored by Mary Free Bed Rehabilitation Hospital; led by the Priority Health Cycling Team

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## RACE WEEK SCHEDULE OF EVENTS

pg. 3

### Saturday, May 8 – Race Day (continued)

Downtown Grand Rapids, Michigan

**8:20 am**                    **START** -- Fifth Third River Bank Run, nation's largest 25K road race and USA 25 km Open and Masters Championships

**8:45 am**                    **START** -- Fifth Third 5K Walk  
*Sponsored by Preusser Jewelers and STAR 105.7 FM*

**8:00 am-1:30 pm**        **Michelob Ultra Post-Race Party on Calder Plaza**

- Free admission
- Live band (Hip Pocket)
- Concessions by Buffalo Wild Wings
- Michelob Ultra and PEPSI drink specials
- Live video from the finish line on the big screen
- Action Sports Images Photo Zone
- MetroPCS Relaxation Center
- Douglas J Mother's Day mini-manicures
- Rebound Sports Massage Therapy massages

**4 pm**                        Official results available at [www.53riverbankrun.com](http://www.53riverbankrun.com)

**7:30 pm**                    Maranda: Where You Live, Race Highlights Show, WOODTV8 and WOTV4

**For more information, please contact Fifth Third River Bank Run race headquarters at [runinfo@53riverbankrun.com](mailto:runinfo@53riverbankrun.com)/616.771.1590 or go online to [www.53riverbankrun.com](http://www.53riverbankrun.com) for more information. Thank you!**