



MERCY HEALTH

Seawayrun & expo



Lake Michigan
HALF MARATHON

a run with a view!

6.24.2017

SUPPORT OUR COMPANY TEAM!

Let's get 10% of our company to participate!

We want to be the company with the highest % of employees participating, so sign up to run, walk, or volunteer!

Our 10% Goal:

Current Number:

5 Ways to Participate!

1. Lake Michigan Half Marathon
2. 15K
3. 5K
4. 5K Community Walk
5. Volunteer to help

Get your participation packet, then visit www.seawayrun.com for training ideas and resources.

Also, be sure to attend the Healthy Lifestyles Expo on June 26 from 11am to 7pm - great vendors, fitness demos, packet pick up, and more!

How to get going!

1. Register online at seawayrun.com [or sign-up sheet at _____]
2. Complete waiver [only necessary if using paper registration]
3. Start Training – Get a buddy!

Resources are available online to help you plan:

- gazellesports.com
- coolrunning.com
- runnersworld.com

Or call the YMCA at 722-9322 to learn about the Seaway Run

The Mercy Health Seaway Run is a premier health and wellness event from: