



SEAWAY RUN

5K | 10K | HALF MARATHON | 5K WALK

SEAWAY RUN 2026 RACE GUIDE



THANK YOU TO OUR SPONSORS



ADAC Automotive • Core Realty Partners • Garrison Dental Solutions • Journey Construction Group • Lakeshore Employee Benefits
Langlois Home Furnishings • Local UA 174 • Meijer • Muskegon Surgery Center • Padnos • Peak Stride Coaching
Port City Federal Credit Union • Route 31 Credit Union • Shoreline Insurance • Soils & Structures • Stone House Bread
The Mart Dock • Trace Analytical • Walmart • Webb Chemical

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WELCOME!

Thank you for registering for the 45th annual Trinity Health Seaway Run, we're so glad you're here! Whether you're joining us for the first time or you've made this race an annual tradition, welcome to one of Michigan's most scenic and inspiring races. A run along the lakeshore is always a good idea, and we're proud to offer a course filled with beautiful views and community spirit.

Your participation means more than just race day fun, it supports year-round impact through the Muskegon YMCA. Thanks to you, kids across Muskegon County can learn lifesaving water safety skills, families have better access to nutritious food, children have safe spaces to grow and thrive, and adults can connect to programs that support healthy living and well-being.

On behalf of our entire team, thank you for being part of something bigger. We're grateful for our sponsors, community partners, volunteers, and staff whose hard work makes this weekend possible.

We hope you enjoy the experience, from the race expo to the finish line celebration. Here's to a great weekend, and to a run with a view!

See you at the start line,

The Trinity Health Seaway Run Team

SCHEDULE OF EVENTS

Friday 6/26

3:30 – 6:30 PM Race Expo and Packet Pickup

7:00 PM Kids Fun Run

📍 Heritage Landing, 1050 7th St, Muskegon, MI 49441

Saturday 6/27

Race Day

📍 Heritage Landing, 1050 7th St, Muskegon, MI 49441

6:00 AM Packet Pickup (runs up until race start times)

7:00 AM Half Marathon Start

7:45 AM 10k Start

8:00 AM 5k Start

8:05 AM Community Walk Start

Post Race WESCO Post-Race (snacks, drinks, and photo ops)

Redeem free drink at Pigeon Hill (with bib ticket) 📍 895 4th St, Muskegon

OR

Redeem free ice cream cone at Frosty Cove (with bib ticket) 📍 2565 Lakeshore Dr, Muskegon



SAFETY AND SECURITY

Weather Policy

THREATENING WEATHER CONDITIONS

Seaway Run may be delayed or canceled if any of the following weather conditions exist: Tornado Warning, Tornado Watch, Thunderstorm, "Heavy" Rain

START OF THE EVENTS

The start of any of the events may be delayed up to two hours from the posted start time if any of the above mentioned conditions exist.

AUTHORITY TO CANCEL THE EVENT

Event officials, along with local law enforcement reserve the right to delay, cancel or suspend any events in accordance with Emergency Protocol on severe emergencies and/or inclement weather. If threatening weather conditions force cancellation of the event, no refunds will be provided and race services will cease.

BROADCAST OF CANCELLATION

The event staff and announcers will communicate any delay and/or cancellation.

SEVERE WEATHER DURING RACES

If severe weather is deemed to be a significant threat to racer safety while one or more races are in progress, race cancellation is a possibility. Race staff will close courses and racers will be instructed to seek immediate shelter.

Emergency Shelter Locations

Beachwood Park 3157 Dune St, Muskegon, MI 49441


USS Silversides Submarine Museum 1346 Bluff St, Muskegon, MI 49441

Medical Support

Emergency Medical Services (EMS) will be on site at Heritage Landing on race day to ensure the safety of all participants, volunteers, and spectators. If you or someone around you needs medical attention, please alert a Seaway Run team member or volunteer immediately. Medical personnel will be stationed near the finish line and available to respond throughout the event area.

EXPO/PACKET PICKUP Friday, June 26th

Expo Location and Hours

 **Heritage Landing** 1050 7th St, Muskegon, MI 49441

 **Friday, June 26th 3:30 – 6:30 PM**

Expo Details

Get race-day ready at our expo! Join us for packet pickup and to check out offerings from our vendors and sponsors:

- Packet Pickup (just need your first and last name)
- Giveaways from our vendors and sponsors
- Family fun—Trinity Health kids obstacle course and photo ops
- Free Kids Fun Run at 7 PM

Expo FAQs

Can I pick up someone else's packet for them?

Yes, you will just need their first and last name.

Can I register at the expo?


Yes, you can register at any time before races start at seawayrun.com

Can I make a change to my registration at the expo?

Yes, let a Seaway Run team member know and we will help you out.

RACE DAY Saturday, June 27th

Race Day Location

 **Heritage Landing** 1050 7th St, Muskegon, MI 49441

Race Day Schedule

6:00 AM Packet Pickup (runs up until race start times)

7:00 AM Half Marathon Start

7:45 AM 10k Start

8:00 AM 5k Start

8:05 AM Community Walk Start

STILL NEED TO REGISTER?



SEAWAYRUN.COM

Race Day FAQs

Is there a gear check?

Yes, we will have a gear check van next to the tent near the finish line.

Can I pick up my packet on race day?

Yes, visit the tent near the finish line starting at 6:00am up until your race starts.

Do you offer same day registration?

Registration will be open until races start. Register at seawayrun.com or scan the QR code above.

Can I run with a stroller and/or my dog?

Strollers are allowed. Dogs are not allowed on the course unless they are a registered service dog.

RACE DAY Post-Race

Award Ceremony

Awards will be given to the top overall male/female finishers, top overall master male/female finishers, and top overall grand master male/female finishers of all distances. Awards will also be given to the 1st, 2nd, and 3rd place male/female finishers of all distances. There will be no official award ceremony. Results can be found by scanning the QR code on your race bib. Awards can be picked up starting at 9 AM at the awards table. A 1st, 2nd, and 3rd place podium is available next to the awards table for pictures to celebrate your achievement.


WESCO Post-Race Tent

Refuel at the WESCO Post-Race Tent. Grab some snacks and get a refreshing beverage. It's the perfect way to wind down after your run.

Bib Ticket Treats

Don't forget to use the treat tickets attached to your race bib. Enjoy one free drink at Pigeon Hill Brewing or a free cone from The Frosty Cove.



 895 4th St, Muskegon



 2565 Lakeshore Dr, Muskegon

Showers

Freshen up after your race with free access to showers at the Neal Fitness Center, just a short distance from the finish area.



 900 W Western Ave, Muskegon

A huge thank you to our community partners for helping make our post-race experience fun, refreshing, and full of local flavor!

HERITAGE LANDING Race Day





SEAWAY RUN

5K | 5K WALK

course map + parking guide

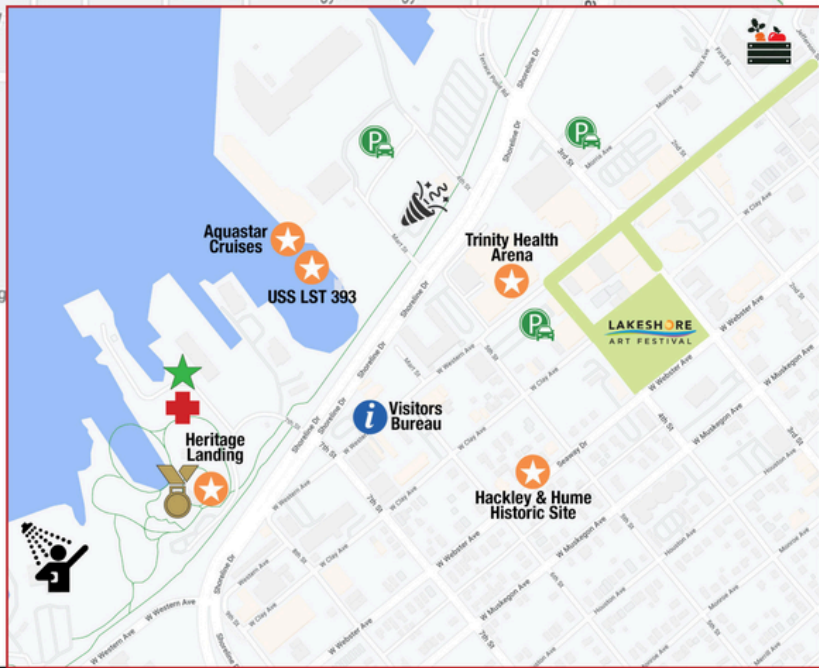
MAP KEY

- Mile markers
- Porta potty
- Showers: 900 W Western
- Award ceremony: Heritage Landing
- Post race party at Pigeon Hill: 895 4TH ST, MUSKEGON, MI 49440
- Parking lots*
- Medical
- Spectator Zone
- Spirit/aid station HOSTED BY
 - NIMS NEIGHBORHOOD ASSOCIATION
 - LAKESIDE NEIGHBORHOOD ASSOCIATION
 - GE AVIATION
- Farmers market
- Landmarks

*On-street parking is available throughout the downtown area.



Heritage Landing
Start / Finish

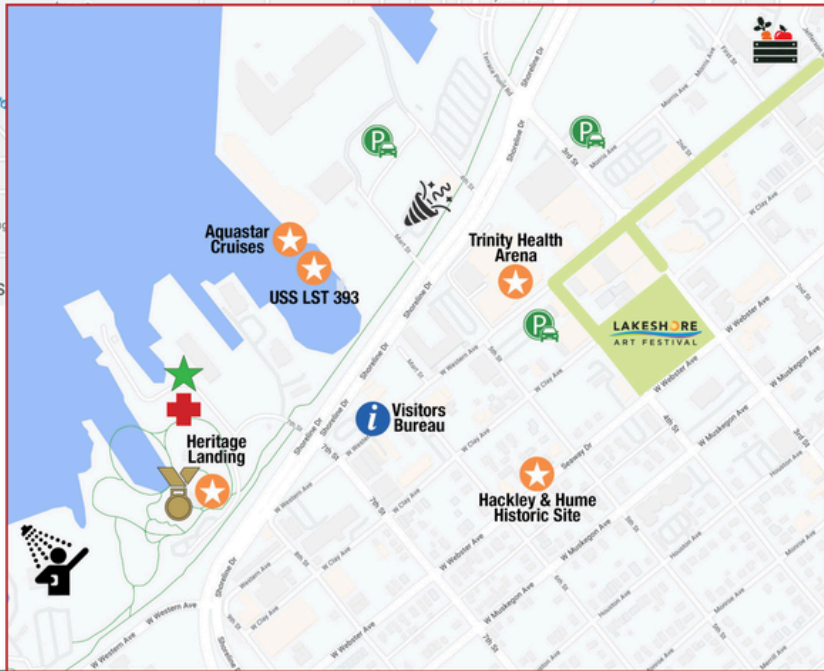




SEAWAY RUN

10K

course map + parking guide



MAP KEY

- 1 Mile markers
- Porta potty
- Showers: 900 W Western
- Award ceremony: Heritage Landing
- Post race party at Pigeon Hill: 895 4TH ST, MUSKEGON, MI 49440
- Parking lots*
- Medical
- Spectator Zone
- Spirit/aid station
HOSTED BY
- NIMS NEIGHBORHOOD ASSOCIATION
- LAKESIDE NEIGHBORHOOD ASSOCIATION
- GE AVIATION

- LAKESHORE ART FESTIVAL
- Farmers market
- Landmarks

*On-street parking is available throughout the downtown area.



SEAWAY RUN

HALF MARATHON

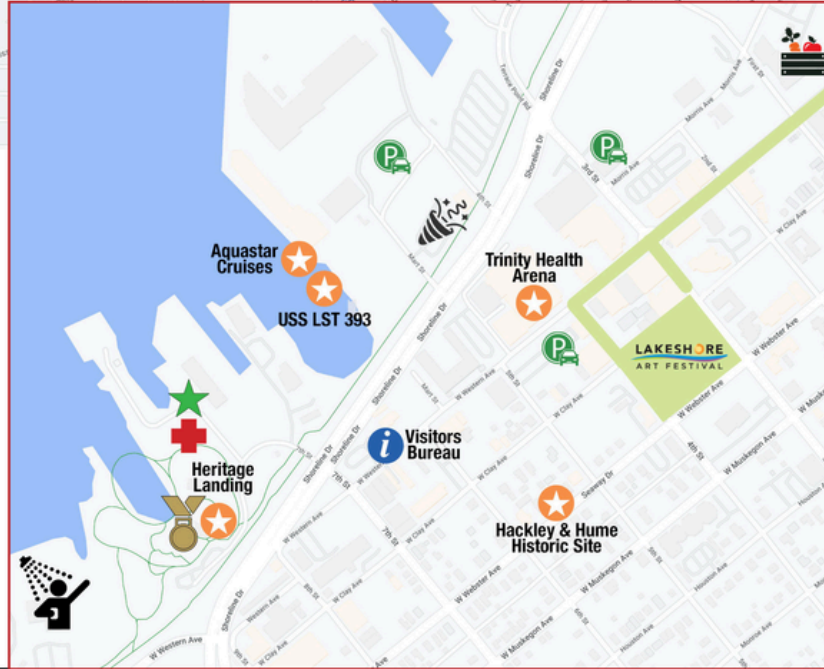
course map + parking guide



MAP KEY

- Mile markers
- Porta potty
- Showers: 900 W Western
- The award ceremony will be held at Heritage Landing
- The post race party will be held at Pigeon Hill: 895 4TH ST, MUSKEGON, MI 49440
- Farmers market
- Parking lots*
- Medical
- Spectator Zone
- Landmarks

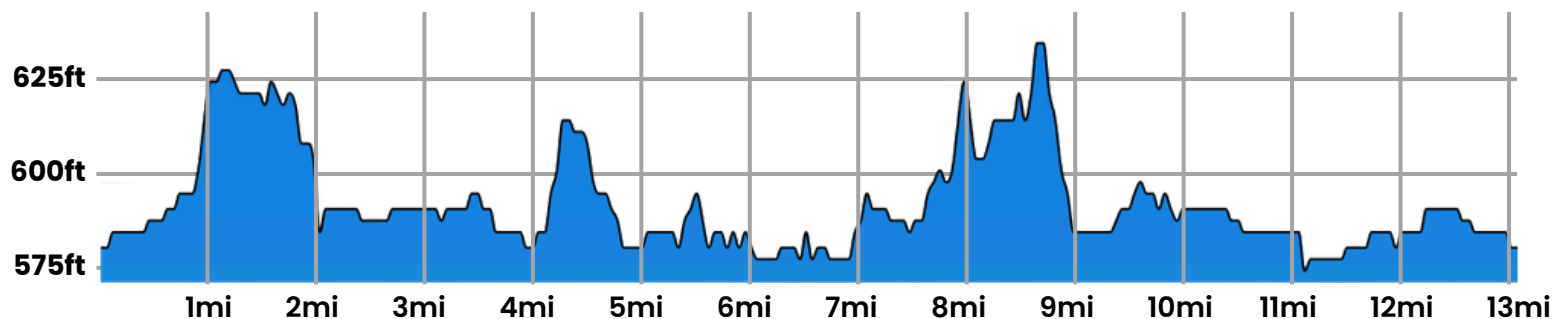
- Spirit/aid station HOSTED BY
- NIMS NEIGHBORHOOD ASSOCIATION
- LAKESIDE NEIGHBORHOOD ASSOCIATION
- SHORELINE PARROT HEADS
- USS SILVERSIDES MUSEUM
- BEACHWOOD NEIGHBORHOOD ASSOCIATION
- GE AVIATION



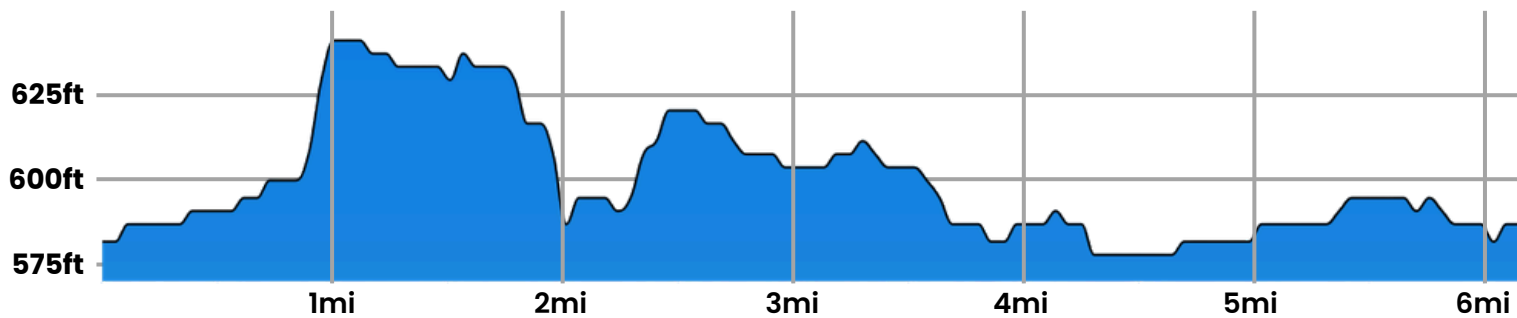
*On-street parking is available throughout the downtown area.

COURSE ELEVATION MAPS

Half Marathon



10k



5k + Community Walk



AID STATIONS

Stay hydrated and energized on race day! Check out the course maps on pages 9 and 10 to see where aid stations are located along each route. Then, see the detailed list below for what you'll find at each station to help keep you going strong.

Aid Stations

1. Nims Neighborhood Association

HM | 10k | 5k + Water, Gatorade, gummy bears, pretzels, first-aid supplies, Porta Potty

2. Lakeside Neighborhood Association

HM | 10k + Water, Gatorade, donuts, first-aid supplies, Porta Potty

3. Shoreline Parrot Heads

HM + Water, Gatorade, gummy bears, first-aid supplies

4. USS Silversides Museum

HM + Water, Gatorade, gel, first-aid supplies

5. Beachwood Neighborhood Association

HM + Water, Gatorade, sponges, gummy bears, first-aid supplies, restroom

6. GE Aviation

HM | 10k | 5k + Water, Gatorade, gummy bears, first-aid supplies

PACER INFO

Pacers are experienced runners who help you stay on track and reach your goal, whether that's a personal best or just enjoying the race! If you're looking to run our half marathon with a pacer, find them before the start—they'll be holding signs with their race paces.

7:30

Scott Akker
Matt Jones
Mike Resterhouse

8:00

Ross Bartlett
Patrick McGettigan
Jared Alderink

8:30

Sidney Long
Matt Bundt
Heather Terlouw

9:00

Jack Mueller
Rory Closz
Alana Brower

9:30

Tracy Zylstra
Ken DeBack

10:00

Brenda Penland
Amanda Lacy
Kaitlin Bundt

10:30

Marcos Valim
Amber Smith
Rachel Kent

11:00

Bonnie Gessler
Lindsey Helsen
Cathy Cantu

12:00

Kate Merrill
Ali Brogan
Amy Hayes



Thank you to our community partners
for making our pace team possible!





SEAWAY RUN

5K | 10K | HALF

spectator designated areas

DIRECTIONS TO SPECTATOR DESIGNATED AREAS

- 5K, 10K, Half Marathon
- 10K, Half Marathon

● Nims Watch Area

5K RUN/WALK, 10K, & HALF MARATHON
(mile 1.5 for all races)

- Head south on Seaway Drive/Business 31
- Turn right/west onto Laketon Avenue
- Turn right/north onto Davis St.

Utilize street parking in the Nims neighborhood on:
Davis St, W. Larch St, W. Dale Ave, Ireland Ave [between Barclay and Davis], and W. Forest Ave between Ruddiman St and Davis St

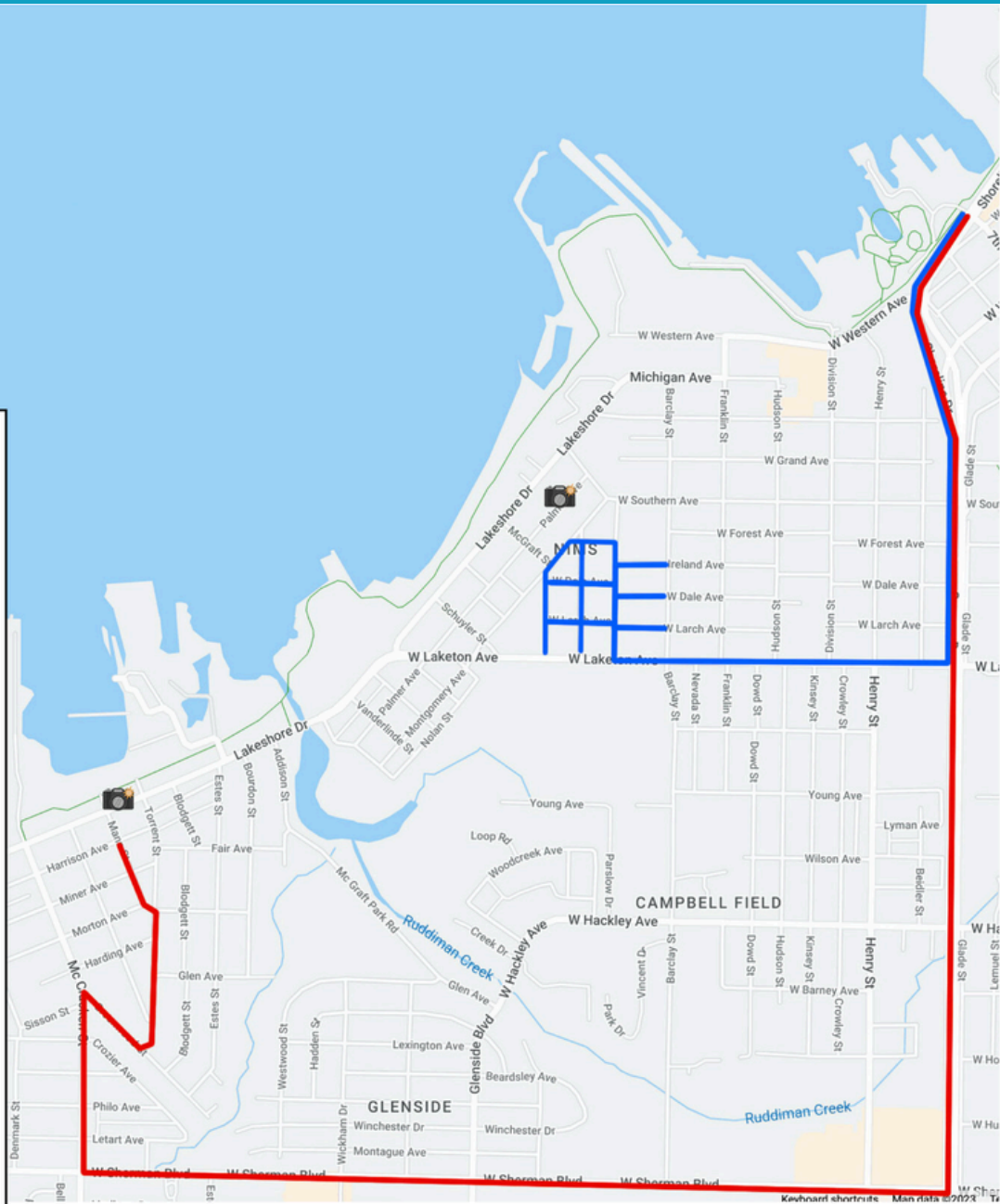
● Lakeside Watch Area

10K & HALF MARATHON
(mile 3 of 10K & Half Marathon)
* (mile 3.8 of 10K and 10.7 of Half Marathon return route)

- Head south on Seaway Drive/Business 31
- Turn right/west onto Sherman Blvd.
- Turn right/north onto McCracken St.
- Turn right/southeast onto Greenwood St.
- Turn left/north onto Torrent St.
- Turn left/north onto Mann St,

Utilize large parking lot on left BEFORE Lakeshore Dr.
Parking lot is behind Lakeside Businesses (Marine Tap Room, Wonderland Distilling, Ghezzi's).

* To spectate runners returning back towards the finish line on the bike trail: cross the street to public parking lot (watch for runner traffic)



EXPLORE MUSKEGON

Turn race day into a race weekend in our beautiful lakeshore city! From stunning beaches and local breweries to family-friendly attractions and vibrant downtown shops, Muskegon has something for everyone.

Attractions

- Socibowl** Duckpin bowling
441 W Western Ave, Muskegon, MI 49440
- Pere Marquette** Beach Park
3510 Channel Dr, Muskegon, MI 49441
- Muskegon Axe Throwing**
351 W Western Ave, Muskegon, MI 49440
- Muskegon Luge Adventure Park**
462 N Scenic Dr, Muskegon, MI 49445
- Muskegon State Park**
3560 Memorial Dr, North Muskegon, MI 49445
- Michigan's Adventure**
4750 Whitehall Rd, Muskegon, MI 49445
- USS Silversides Submarine Museum**
1346 Bluff St, Muskegon, MI 49441
- Muskegon Museum of Art**
296 W Webster Ave, Muskegon, MI 49440
- Museum of History & Science**
430 W Clay Ave, Muskegon, MI 49440

Shopping

- Muskegon Farmers Market**
242 W Western Ave, Muskegon, MI 49440
- Lakeshore Art Festival**
350 W Webster Ave, Muskegon, MI 49440
- Western Market Chalets**
307 W Western Ave, Muskegon, MI 49440
- Pine Street Vintage Shops**
866 Pine St, Muskegon, MI 49442
- Little Miss Green Thumb**
280 W Muskegon Ave, Muskegon, MI 49440
- Third Coast Vinyl**
1119 3rd St, Muskegon, MI 49441
- Wasserman's Flowers & Gifts**
1595 Lakeshore Dr, Muskegon, MI 49441
- Art Cats Gallery**
1845 Lakeshore Dr, Muskegon, MI 49441
- Blended Furniture Market**
730 Seminole Rd, Norton Shores, MI 49441

Restaurants

- The Brewer's Lounge at Pigeon Hill**
895 4th St, Muskegon, MI 49440
- The Frosty Cove** Ice cream
2565 Lakeshore Dr, Muskegon, MI 49441
- The Deck**
1601 Beach St, Muskegon, MI 49441
- Hamburger Mikey**
1129 3rd St, Muskegon, MI 49441
- Carlisle's**
470 W Western Ave, Muskegon, MI 49440
- Dr. Rolf's Barbeque**
477 W Western Ave, Muskegon, MI 49440
- Rad Dad's Tacos & Tequilla Bar**
470 W Western Ave, Muskegon, MI 49440
- The Early Owl**
451 W Western Ave, Muskegon, MI 49440
- Food Collective at Core Plaza**
221 W Webster Ave, Muskegon, MI 49440

For more info and a full list of things to do, head to: [visitmuskegon.org](https://www.visitmuskegon.org)

SEAWAY SUPPORTS THE COMMUNITY



When you register for the Trinity Health Seaway Run, you're doing more than crossing a finish line, you're making a lasting impact in the Muskegon community. Proceeds from the event help fund year-round programs at the Muskegon YMCA, focused on improving health and well-being for people of all ages.

From teaching kids vital water safety skills through our Safety Around Water program, to delivering fresh produce with our Mobile Farmers Market, to helping individuals prevent and manage chronic disease, your support helps bring these essential services directly into neighborhoods throughout Muskegon County.

The Seaway Run is an event full of movement, connection, and local pride, and thanks to you, it's also a force for good that lasts long after race day.



LEARN MORE ABOUT THE
MUSKEGON YMCA



muskegonymca.org

RACE PHOTOS, RESULTS & SURVEY

Race Photos

We've teamed up with Stellafly to bring you high-quality race photos. Visit stellafly.flashframe.io after the race to browse the gallery, or watch your email for a direct link. Photos will be available to download for up to one year.

PHOTOS



Results

Official race results will be available shortly after the event, thanks to Runners Edge Race Timing. View results at runnersedgeracetiming.com/results.asp or keep an eye on your email for a direct link.

RESULTS



Survey

Help shape the future of the Trinity Health Seaway Run! We work hard to improve the event every year, and your feedback makes it possible. Share your thoughts by taking our short post-race survey at bit.ly/2026SeawaySurvey.

SURVEY



CONTACT US

**Have a question? We're here to help!
Get in touch with us:**

racedirector@seawayrun.com

seawayrun.com/contact

You can also view our event FAQ at
seawayrun.com/event-info



CONTACT



FAQ

