

Run, run, as fast as you can



Michigan offers numerous race opportunities

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With warm weather finally here, one healthy and fun option is running a road race. Michigan offers thousands of these races over the summer. A person can run anywhere from one mile fun run all the way up to a 26.2 mile marathon road race. Here are just a few of the possibilities.

1 Trail Trot 5K

Location: Holland
Date: June 16
Length: 5K (register by June 1 for a guaranteed t-shirt)
Facts: This 5K runs through the DeGraaf Nature trail and includes a post-race marshmallow roast.
More info at:
<http://www.cityofholland.com/degraafnaturecenter>

2 Color Run Lansing

Location: Lansing
Date: July 9
Length: 5K
Facts: The Color Run participants run a 5K and are bombarded by colored powder as they run.
More info and ticket cost at:
<https://thecolorrun.com/locations/lansing-mi/>

Local

Beginnings Care for Life Walk and Run

Date: May 7
Length: 1 Mile, 5K or Fun Run
Cost: \$12 for students
Facts: This race benefits the Beginnings Care for Life Center.

Summer Kickoff

Date: May 28
Length: 5K or 10K
Cost: \$25 for pre-registration
Facts: Takes place at the Branch County Fairgrounds and benefits the Girls on the Run program.

Q-Town 5K

Date: August 12
Length: 5K or 10K
Cost: \$20 for 5K or 10K.
Facts: Runs through Quincy and some of the proceeds go to the Quincy Athletic Department.

5 Lilac 10K

Location: Mackinac Island
Date: June 4
(register by May 20)
Length: 10K
Cost: \$30
Facts: Over 700 runners participate in this race which includes great views of Lake Huron and the Mackinac Bridge.
More info at: <http://runmackinac.com/lilac.htm>

4 Flirt With Dirt

Location: Novi
Date: June 4 (register by May 2)
Length: 5K, 10K and Dirty Duo (both races)
Facts: This race takes place on an unkept, hilly and ungroomed course. Runners have to end strong with the finish line at the top of a sledding hill.
More info and ticket prices at:
<http://www.runflirt.com/>

3 Turtle Run 5K

Location: Ann Arbor
Date: July 30 (register by July 28)
Length: 5K
Cost: \$25
Facts: Takes place at scenic Gallup Park in Ann Arbor and benefits endangered turtles in Michigan.
More info: <https://runsignup.com/Race/Mi/AnnArbor/5KTurtleTrot>

For more running events visit:

runninginusa.com or
runmichigan.com