

10th Annual

Aliferis Memorial Run/Walk

Half-Marathon, 5K Run, 2-mile Walk & 18.5 mile Bike Race

September 3, 2011

at Alpena Regional Medical Center

Presenting sponsor

ALPENA REGIONAL MEDICAL CENTER

Development

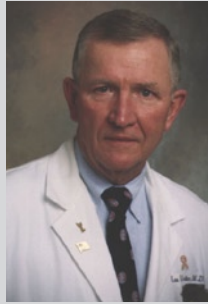
C O U N C I L

Business Relations Committee



Dr. Lee Britton Honorary Race Chair

Dr. Britton was a colleague of Dr. Aliferis, serving Alpena Regional Medical Center from 1976 to his recent retirement in 2010. During his tenure at ARMC he served as Chief of Surgery, on the Medical Executive Committee, and Vice-President of the Medical Staff. He was listed in America's Best Surgeons publication in 2004. In 2006, Dr. Britton was honored as the first recipient of the hospital's Minerva Medica Award.



Dr. Peter Aliferis

The race has been named in memory of longtime Alpena General Hospital Pathologist, Dr. Peter Aliferis. His work at the hospital of 37 years touched many people and the race is in appreciation of his contributions to the hospital and to the community. Dr. Aliferis received his medical

degree from the University of Michigan and in 1963, joined AGH. He was appointed the hospital's pathologist and laboratory director. Dr. Aliferis retired in July of 2000.



Registration

The 10th Annual Aliferis Memorial Run/Walk is open to runners and walkers of all ages and ability levels. Registration fees range from \$20 - \$50 based on event. Discounts available for early registration. Brochures and registration available at www.alpenaregionalmedicalcenter.org. All pre-registered participants receive a race shirt. Registration is available on the day of the race beginning at 7 a.m. (Runners may pick up race packets at the registration table on race day.) No race materials will be mailed.

Awards

Half-Marathon/5K/Bike Race - 1st, 2nd, and 3rd (Male and Female) in each age groups: 10 and under, 11-13, 14-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over. Awards also given to top male and female overall and top male and female masters overall.

Prize Drawings - All paid entrants are eligible for great prizes including University of Michigan football tickets.

Race Day Schedule

7 am	Registration & Material Pick-up
8 am	Half-Marathon Start
8:15 am	Bike Race Start
9 am	5K Run Start
9:15 am	2-mile Walk Start
10 am	Tot Trot
10:15 am	Awards Ceremony

RACE COURSE

Half-Marathon - Race starts and finishes at ARMC. Course utilized the Bi-path, Woodward Ave. Hamilton Road, Wessel Road, Commerce Dr., Long Lake Ave. and finished at ARMC. Flat course on low traffic, two lane, mostly paved roads. This course is not suitable for wheelchairs.

5K Run - Race starts and finishes at ARMC and proceeds on the Bi-path. Course is flat and fast running along the Bi-path.

2-mile Walk - Start and finish at ARMC along bi-path.

18.5 (30K) Mile Bike Race - The bike race starts at ARMC to Long Lake Avenue, to Commerce Drive, Wessel Road, Misery Bay Road to North Point Road, Wessel Road thru 4.5 miles of designated natural Area, Hamilton Road to Woodward Ave., A flat course on low traffic roads with some paved two lane roads, mainly sand and gravel roads. Off-road bikes are recommended. Approved helmet is required.

Courses will be well marked with course personnel available to direct participants and control traffic, if applicable. The 5K will have an aid station at approximately 1 and 2 mile points. The Half Marathon will have aid stations at the 1, 2, 4, 6, 9 and 11-mile points.



Funds from the race will be used for:

Dr. Peter Aliferis Scholarship Fund - The ARMC Laboratory staff established a scholarship fund as a tribute to Dr. Aliferis who passed away March 13, 2002. Funds help area residents pursue a career in the clinical laboratory science field.

Alpena Cancer Center - We are the only hospital in northern Michigan to have a partnership with the University of Michigan Health System. This dynamic partnership offers our patients access to compassionate cancer care that meets the highest patient care guidelines and opportunities to participate in clinical trials investigating the latest treatment options.

Vital Patient Enhancements - The ARMC Development Council has committed to projects that include renovations and equipment that provide advanced technology and comfortable surroundings for patients and their families.

Run Club - Bay Athletic Club is hosting Run Club to help people learn to enjoy running, improve their form and ultimately meet their goals for the race! For all the details contact Tracie Werblow at Bay Athletic Club, 356-5600 or visit their website at www.bayathleticclub.com.



ENTRY FORM

Please print clearly. Must be postmarked by August 31

LAST NAME _____ FIRST NAME _____

STREET ADDRESS _____ CITY _____ ZIP CODE _____

DAYTIME PHONE _____ EVENING PHONE _____

AGE ON RACE DAY _____ GENDER M or F EMAIL ADDRESS _____

Please check desired event and enter fee at right on order blank:

Event	Until 7/31	Until 9/2	Race Day	
<input type="radio"/> Half-Marathon	\$40	\$45	\$50	(includes race shirt, indicate size at right)
<input type="radio"/> 5K Run	\$20	\$25	\$30	(includes race shirt, indicate size at right)
<input type="radio"/> Bike Race	\$20	\$25	\$30	(includes race shirt, indicate size at right)
<input type="radio"/> 2-Mile Walk	\$20	\$25	\$30	(Not timed, includes race shirt, indicate size at right)
<input type="radio"/> Tot Trot	Free with adult registration (includes kid's race shirt, indicate size at right)			

Liability & Publication Waiver & Release

Application will not be processed without signature. I am a voluntary participant in this event, and in good physical condition. I hereby assume full and complete responsibility for any injury or accident which may occur during my participation in this event or while on the premises of this event, and I hereby release and hold harmless Alpena Regional Medical Center and any affiliated individuals, any race sponsors and their employees, and all other persons or entities associated with this event from any claims I may have arising out of my participation in this event, including personal injury or damage suffered by me or other, whether same be caused by negligence of Alpena Regional Medical Center, its affiliates and affiliated individuals or any race sponsors including any said parties' agent or employees, or otherwise. If I do not follow all the rules of this event, I understand that I may be removed from the competition. I give my full permission to Alpena Regional Medical Center to use any photographs, videotapes, or other recordings of me that are made during the course of this event.

PARENT'S (if under 18) OR PARTICIPANT'S SIGNATURE _____ DATE _____

Registration Fee & T-shirt Ordering Information

Event Entry Fee: \$ _____

Shirt Size (Circle Size)

S M L XL XXL

Kid's Size

S M L

Amount Enclosed: _____

Payment Information

Please make checks or money order payable to:

ARMC Development Dept.
1501 W. Chisholm St.
Alpena, MI 49707

On-line/credit card registration available at
www.alpenaregionalmedicalcenter.org

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