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If you have any questions or want to volunteer, please contact race director, Hal Wolfe, via email runlikehal@yahoo.com

2017 GALLUP GALLOP

5K Run/Fitness Walk & 1 Mile Fun Run

On-line event info and registration:

<http://www.GallupGallop.com>



Gallup Park, Ann Arbor MI Sunday Sept 10, 2017

A Celebration of Life and Health & Fitness

Gallup Park, 3000 Fuller Rd., Ann Arbor, MI 48105

Sunday, September 10

Gallup Gallop

Gallup Park – 3000 Fuller Rd., Ann Arbor, MI

5K Run/Fitness Walk & 1 Mile Fun Run

Sunday, September 10 @ 8:30 / 9:00 am – Rain or Shine

The Gallup Gallop 5K takes place on the nationally recognized Gallup Park Trail, a [USATF certified course](#). It starts & finishes near Gallup Park Canoe Livery and is held in conjunction with the Huron River Day celebration in Gallup Park the next day (Sunday).

Online registration at: <http://www.GallupGallop.com>

The entry fee includes a T-shirt – please select your size during registration process. Youth discount: \$5 off either race for all youth 17 and under.

Race Day Registration – Cash only: Gallup Park Canoe Livery from 7:15 to 8:30 am. *Race day registrants are not guaranteed T-shirts.*

5k Run/Walk Fees: \$25 online until Friday Sept 8. Race Day: \$30.

1 Mile Fun Run: \$10 online. Race Day: \$10.

Run 'em both! All 5K runners can run the mile combo for no additional cost.

Youth discount: \$5 off on either race for all youth 17 and under.

AATC discount: \$3 for all adult AATC members for the 5K run.

Mail-in registration: We only had 2 people mail in forms in 2016 so for 2017 we're going on-line only. Day of race is still an option for those that can't register online.

Check-In: 1 Mile starts at 8:30 am. 5k Run/Walk start at 9 am. Race packet pickup is at the race headquarters: Gallup Park Meeting Room, by the Canoe Livery, between 7:15 am and 8:45 am.

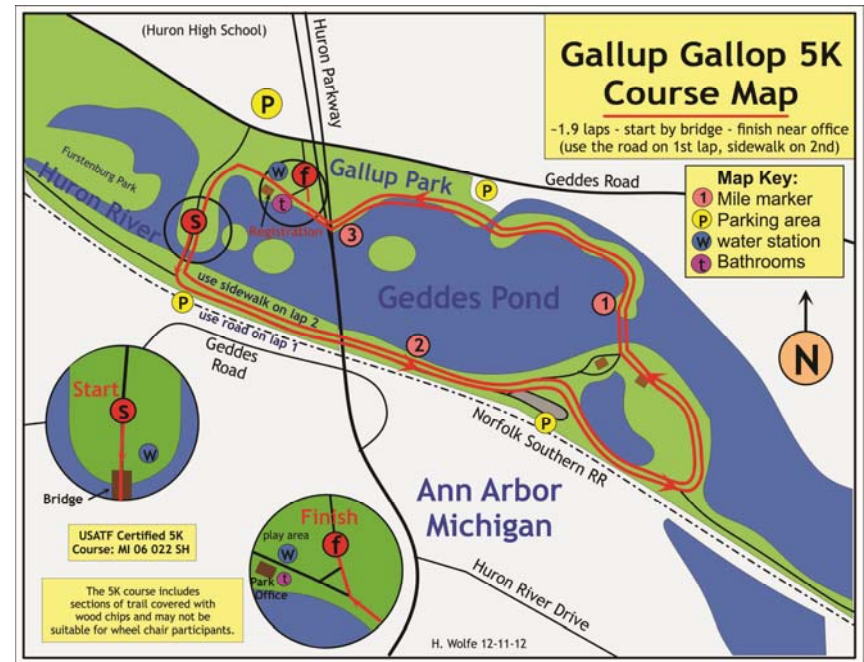
Times: Finish times will be recorded & posted after the race.

Awards: Unique prizes will be awarded three deep in each age division

Age Divisions Awards: 5K Run/Walk: Overall Male and Female, Masters (40 & over) Male and Female; 12 and under, 13-14, 15-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and over.

1 Mile Fun Run: Overall Male and Female aged 12 or under.

This year, the event will support Running Blind - a 501(c)3 founded by race director Hal Wolfe supporting people with visual impairments (see website at www.runningblind.org). We will also be fundraising again this year on behalf of the Prostate Cancer Foundation. (See info at www.pcf.org.)



The Gallup Gallop has a new fall date. This was done primarily due to construction in Gallup Park. The construction will be at the East end of the parking area and will create an expanded playground area. While it is going on, the paths in that area will not be passable. The park is also much busier than it used to be with canoe livery customers, and that makes it more difficult to add events such as this during peak season. Moving to a fall date as we have should allow us to continue without interfering with livery customers and straining the park management and as we all know fall is generally a great time of year to run, so we expect this date to stick into the future.



The Gallup Gallop Supports Running Blind, a 501(c)3 that was founded by race director Hal Wolfe. This group's primary mission is to help visually impaired people participate in a more active lifestyle by promoting guide-supported running and walking. Finding guides for blind runners is a primary activity RB engages in. They have also sponsored a number of "Adventure Camps" for visually impaired youth to participate in outdoor activities and build confidence.