

2020 Summer Switchbacks Information Sheet

Due to all the weirdness going on this year, we have decided to have a different format for the race. Basically, you will run the 5 k course on your own, submit your results, and then be eligible for awards. Here are the steps:

1. Take an envelope, put a \$5 bill inside with a paper stating your name and phone number. Address to: Eric Swager. 13183 Mc Kinley. Chelsea, MI 48118. I need to receive the entry by July 31. The money goes to support the Chelsea Runners - a worthy cause- so even if you don't run it, we will certainly take the five bucks.
2. *Any time in July*, run the full 3.5 loop course. See this link for the specific location and map, (last year's racer) or just shoot me an email or call for directions.
<https://www.strava.com/activities/2568300540>
3. Post your results here: www.facebook.com/SwitchBacksRace. Include a description of your experience. What was your time? Was it fun, miserable, thrilling, hot, etc? Did you see horses or any other critters? Did you do anything crazy (run backwards, carrying an anvil, while playing the bassoon, wearing only duct tape, etc.)? Include a Strava link if you do that sort of thing. Pictures are encouraged!
4. Mike Holik will judge the entries, and award prizes to the top 5 posts. A course record will almost certainly earn an award, but creativity and uniqueness definitely matter. Can you write your experience in iambic pentameter? Maybe a video of you telling the story in sign language or Semaphore? What about a Claymation reenactment?

First Prize: A framed, signed 8.5. x 11 Photo of the legend (Mike Holik) himself. There are less than five of these beauties in existence.

Second thru Fifth Prizes: Some combination of Bumper stickers, cups, or the coveted "I am Mike Holik" t-shirts- appropriate for weddings, Bar Mitzvahs, etc.

Any questions give me a call or email
734-433-9338
eswager@chelsea.k12.mi.us

The old Fat Goat