

SCHEDULE OF EVENTS

BEFORE THE RACE

7:00am-7:45am: packet pick up at Family Life Church. 5925 N. Maple Grove Road
Bloomington, Indiana. Late registration accepted at this time, but no glass guarantee.

7:55am Announcements and door prize drawing of TV donated by American Rental.

8:00am: the race starts.

AFTER THE RACE

**Breakfast with choice of Chick-Fil-A breakfast or Cresent Donuts.

**Awards ceremony with door prizes at Scherer residence about one mile south of the race start line on Maple Grove Road.

NOTE: bring a side dish for the breakfast and you will be entered into a special drawing for a \$30 gift card.



THE MISSION OF THE MAPLE GROVE GOAT RUN IS TO PROVIDE A FUN RACING EVENT FOR RUNNERS AND WALKERS OF ALL SKILL LEVELS WHILE RAISING FUNDS FOR CHARITIES CLOSE TO THE HEART OF THE RUNNING COMMUNITY.

HARMONY SCHOOL—our story

Bloomington, Indiana's Harmony School, a private school dedicated to the development of the whole student, has been around for decades (founded in 1974), but our running programs are essentially brand new. The Harmony School "Rhinos" Track and Field team – Middle School and High School combined - was conceived by School Director Steve "Roc" Bonchek during the winter of 2016-17. Spring 2017 marked its inaugural season. It was the first interscholastic season for any sport at Harmony School. Owing to the overwhelmingly enthusiastic response to Track, Cross-Country is slated to begin this fall!

"The Little School that Could" – To understand Harmony School's running program, it might be useful to reflect upon the size of the student body – Approximately 200 students *in total* from Pre-K thru 12th grade, all housed in the historic Elm Heights School building near the campus of Indiana University. Of these, approximately 100 students make up the combined middle school and high school population from which our runners hail. Small in size, we proved ourselves big in spirit, competing this past spring in three middle school meets (one of our runners won the 1,600 and 2,400 in a three-way meet with Tri-North and Edgewood!), and one JV high school meet. We look forward to expanding our slate of competitions next year and in years ahead!

Operating on a Shoestring Budget with a Creative Heart - One might also understand our program by reflecting upon our facilities – The Elm Heights School building is beautiful and historic, but does not include a track. There is a small backstop and infield dirt area that Assistant Coach/HS physics and math teacher Alan Boucher turned into a shot put training area. Our "track" is the walking trail around nearby Bryan Park, shared with pedestrians and dogs, where coaches mark off distances and warn of tree roots buckling the pavement and other hazards. The 0.71 mile "small loop" and 0.84 mile "big loop" help vary practices. The back-stretch near Bryan Park Pool makes for a nifty sprint training area, and the hill running parallel to Woodlawn Avenue is a delightful place to run repeats. All this without a single complaint... well, maybe about the hill repeats!

Harmony School's core values include dedication to the development of the heart, mind and voice of every child, with a strong emphasis on community. Consistent with these values, all Harmony students may participate in our running programs. Practices are open to students of all abilities – about half the team is interested in competition, the other half comes out purely for exercise and to enjoy the company of their schoolmates. The team even includes some younger runners, not old enough yet for interscholastic meets, but perhaps looking forward to the days when they are. We emphasize achievement of individual goals however modest or ambitious they may seem. We also emphasize a supportive family-type environment – there were as many students who traveled to each meet to cheer on our small group of competitors as there were competitors themselves. Parents, siblings, other relatives, faculty and friends all combined to form cheering sections that were loud and proud.

Saturday August 19th 8:00 am

Fourth annual

Maple Grove Goat Run

5K charity run & walk



"The little school that could"

Proceeds going to

**Harmony School
Track & Cross Country**





2017 MAPLE GROVE GOAT RUN

ENTRY FORM

(you may also enter online at mag7raceseries.com)

NAME _____

ADDRESS _____

CITY-ZIP _____

PHONE _____

EMAIL _____

Sex (circle) Male Female

Age on day of the race _____

Event (circle) run walk

Race entry fee \$20 adults, \$10 age 19 & under

Not racing but a medal sponsor (circle)

GOLD MEDAL \$200

SILVER MEDAL \$75

BRONZE MEDAL \$25

Mail check made payable to Mag 7 race series to:

Rick Scherer 4811 N. Maple Grove Road

Bloomington, IN 47404

NOTE: souvenir drinking glass limited to the first 120 entrants.

WHAT

A 5K (3.1 mile) road race for runners, walkers, and wheelchair racers. A Mag 7 race series race. The two big hills from the first year have been eliminated. The race is a net downhill.

WHEN

Saturday August 19th at 8:00 am, awards ceremony and complimentary breakfast after the race.

WHERE

Race starts at Family Life Church at 5925 N. Maple Grove Road Bloomington and finishes at historic Peden farm. The awards ceremony and breakfast will take place after the race at the Scherer residence., about a mile south of the church on Maple Grove Road.

HOW MUCH

\$20 entry fee. (only \$10 for age 19 & under) complimentary breakfast & souvenir drinking glass. Glass limited to the first 120 entrants.

Breakfast only guests are welcome, just bring a covered dish.

AWARDS

The top three male and female runners in the open and masters division will receive plaques. The top two male and female runners in each age division will receive unique 'goat themed' awards.

Age divisions are: 13 & under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over. Also, awards to top three male and female walkers and wheelchair racers.

PRIZES

A 32" TV donated by American Rental will be given away before the race. Other prizes after the race.



THE CHARITY

Proceeds from this year's race will go to Harmony School track & field and Cross Country teams to help defer start up expenses.

HOW YOU CAN HELP

There are many ways that you can help us accomplish our goal.

1. GOLD MEDAL SPONSORSHIP: \$200: you get your name on a mile marker.
2. SILVER MEDAL SPONSORSHIP: \$75: you get your name on a hill marker.
3. BRONZE MEDAL SPONSORSHIP: \$25: you get your name shared on a race sign.
4. DONATE A DOOR PRIZE:: Your name will go on a race sign.
5. DONATE A SIDE DISH: You will be entered for a special door prize drawing of A \$30 gift certificate.
6. VOLUNTEER: volunteers are needed at registration, on the course, and after the race.

CONTACTS

Rick Scherer—Race Director email: rick@shopamericanrental.com or call 812-360-4811

Kelly Smith—Assistant Race Director email: wkellysmith@att.net

Jayne McAlister — Assistant Race Director email: Jayne@bluemarble.net

Jennifer Titus— Assistant Event Director email: Lensbaby35@att.net

