



EVENT GUIDE

WEDNESDAY, 12/31: OUT WITH THE OLD 5K

- 7:45am: registration and check-in begins inside the RARA building
- 9:30am: 5K start (on the Clinton River Trail behind the building)

**Don't forget to bring a piece of apparel for the famous "t-shirt trade"! Bring an old race shirt (clean, of course!) and take a shirt. Let's recycle those old shirts sitting in the drawer or back of the closet.*

THURSDAY, 1/1: IN WITH THE NEW 5K

- 7:45am: registration and check-in begins inside the RARA building
- 9:30am: 5K start (on the Clinton River Trail behind the building)

LOCATION

Registration and post-race activities will be setup inside the RARA building. **Our apologies to our four legged friends, but no dogs are allowed in the building. Please be mindful of potential mud on shoes and shake off shoes prior to entering the building.* 😊

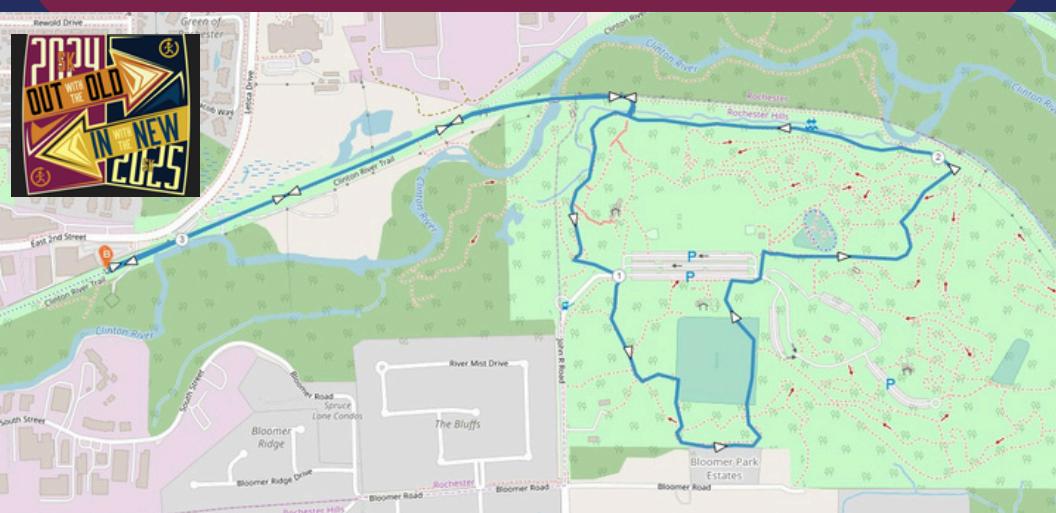
Address: Rochester Avon Recreation Authority (RARA) Building,
500 E 2nd St, Rochester, MI

COURSE MAP/DESCRIPTION

Runners will start with a scenic half-mile along the beautiful Clinton River Trail, then dive into the trails at the back of Bloomer Park. On New Year's Eve, you'll power through one major uphill challenge—think of it as a symbolic climb into the new year with strength and determination. It's your last push of the year, setting you up for an incredible fresh start as you welcome in the new year with a sense of accomplishment and excitement! But don't worry—New Year's Day brings a gift in the form of a thrilling downhill as the course loops in reverse.

While you're running in the new year, keep in mind that some spots may be a bit icy or muddy! To keep your stride smooth and steady, make sure you've got your trusty trail shoes or consider adding an extra layer of grip with traction devices like Yak Trax (available at running shops or sporting goods stores). And because we all know the celebration continues after you cross the finish line, you might want to pack a change of clothes and shoes. Let's make this a race

to remember as we kick off the new year in style!



RESULTS

Your bib has your timing chip. Please wear your bib on the front of your body and visible at the finish line. Your finish line results will be available on RunSignUp and you can access them by scanning the QR code onsite or by going to the RSU event page. After the event results will be posted to ERCrace.com in the results section.

*Both day runners will wear the same bib for both races!

Runners can sign up for results notifications for the event by going into your Runsignup profile, find the event and enable results notifications.

Text message/data rates apply blah, blah... ;)

Results can also be found under the “Results” tab on Out With The Old - In With The New 5k’s registration page here.

RACE DAY PHOTOS

Race day photos will be uploaded (usually within 24 hours) on the registration page under the “photos” tab.

AGE GROUP + OVERALL AWARDS



OVERALL MALE AND FEMALE AWARDS

FOLLOWING MALE/FEMALE AGE GROUPS

0-19 male and female
20-59 male and female
60 and over male and female

CHARITY PARTNER

Neighborhood House serves over 3,000 households per year. In the communities we serve, 25% of families are living paycheck to paycheck or worse. We are the only full service human services agency in our area and rely on our neighbors, both individuals and organizations, to help make these numbers possible. We are a commYOUtunity of neighbors helping neighbors thrive!

RACE DAY FOOD DRIVE

Race day food drive for Neighborhood House: Bring a canned food or boxed food item on race day and you'll be entered into a raffle for a fun prize!



Wish List  **FOOD PANTRY**

CANNED MUSHROOMS	CRUNCHY PEANUT BUTTER
CANNED CHICKEN	WHITE RICE
CANNED PINEAPPLE	BEEF VARIETY SOUPS
DICED TOMATOES	BEEF BROTH
TOMATO SAUCE	OATMEAL

Neighborhood House
Food Drive on Race Day



A group of approximately ten people, mostly men, are sitting on the grass in front of a white tent. They are wearing athletic gear and some have race bibs visible. Behind them is a large sign that reads "Neighborhood House Food Drive on Race Day" and features directional arrows pointing "IN WITH THE NEW" and "OUT WITH THE OLD".



At the bottom of the image, there is a graphic element consisting of a small, colorful logo for the year 2024 (with "2024" in blue and "OUT OLD IN NEW" in yellow) followed by a plus sign and the Neighborhood House logo (a stylized house with a red roof and a teal base).

FUTURE MOVE-IT FITNESS RACES

Future Move It Fitness Races can be found at
<https://move-itfitness.com>

We are currently working on our Spring 2025 calendar
and registration is live for the following events...



HOOTIE HOO 8K & 5K
SUNDAY, MARCH 29TH AT
RIVER BENDS PARK
IN SHELBY TWP



BAD BUNNY 5K
SATURDAY, APRIL 18TH AT
ADDISON OAKS PARK
***NEW LOCATION* REGISTRATION**
OPENING SOON!



2 PARKS TRAIL RUN
SUNDAY, MAY 3RD AT
ADDISON OAKS PARK
NEW 4 MILE DISTANCE ADDED



TRAIN TO TRAILS HALF
MARATHON, RELAY, AND 5K
SUNDAY, JULY 19TH IN
COLUMBIAVILLE, MICHIGAN