



The Event

This event raises funds for colon cancer prevention and Rotary charities. The event offers something for everyone, including the Swedish Cancer Care Institute Half Marathon Run and Half Marathon Walk around Mercer Island, the Seattle Cancer Care 10K Run (a Bloomsday 2nd seed qualification run), the Virginia Mason Team Medicine 5K Run and 5K Walk, and the non-competitive Farmers Insurance half-mile Kids' Dash (for children age 10 and under). The event is USATF sanctioned and all routes are USATF certified.

Saturday, March 20

Packet pick up and on-site registration will be available at the Pre-Race Expo in the gym at the community center Saturday, March 20, 2010 from 1-5pm and on the morning of the event starting at 6:30am.

1:00pm **Pre-Race Expo starts**
sponsored by Ken Griffey Jr. Family
Foundation

5:00pm **Pre-Race Expo ends**

Sunday, March 21

6:30am Day-of-event registration begins

7:30am **Half Marathon Walk**
presented by Swedish Cancer Institute

8:00am **Half Mile Kids' Dash**
sponsored by Farmers Insurance Group

8:30am **10k Run**
sponsored by Seattle Cancer Care
Alliance

9:00am **Half Marathon Run**
presented by Swedish Cancer Institute

9:30am **5k Run & Walk**
sponsored by Virginia Mason Team
Medicine

Key Facts

Start & Finish Lines: All events start and finish at the Community Center at Mercer View, on the north end of Mercer Island.

Directions: Use an online map tool to get directions to 8236 SE 24th Street, Mercer Island, WA.

Parking: Street parking is available throughout the north-end city center. The Mercer Island Park & Ride is on N. Mercer Way, not far from the Community Center. Also check for signs posted at all I-90 exits on Mercer Island on Run Day morning.