

20
25



HAP CARESOURCE CRIM | FESTIVAL OF RACES 48



RACE WEEK GUIDE

Presented by Explore Flint and Genesee

PROUDLY SPONSORED BY:



HAP CareSource™





— SHOPS ON —
SAGINAW

601 S. Saginaw St. Flint, MI. 48502

MODIFIED CRIM HOURS:

Thursday, Aug. 21st: 9am - 5pm

Friday, Aug. 22nd: 9am - 7pm

Saturday, Aug, 23rd: 7am - 1pm

SHOPS ON SAGINAW OFFERS:

- Snacks/Refreshments
- Flint Branded Items
- Local Vendors
- Products and more!

WE CAN'T WAIT TO SEE YOU ON THE BRICKS!

but before race day.....

Make sure to stop by the Complete Runner expo booth!




Stock up on

- **New Balance Shoes**
- **New Balance apparel**
- **Socks**
- **lululemon apparel**
- **Race Day Essentials**
- **Nutrition**

And don't forget about the

**CRIM
SHAKEOUT RUN**

Featuring 
now balance

**THURSDAY, AUGUST 21ST
6:00 PM**

**RIVERFRONT CONFERENCE CENTER
SIGN UP BY SCANNING THE QR CODE**



Complete Runner Locations

3170 S Linden Rd, Flint, MI 48507

11303 S Saginaw St, Grand Blanc, MI 48439

More than a Race



After you cross the finish line, keep exploring! From downtown Flint eats to scenic trail runs, Flint & Genesee has something for every pace.

EXPLORE
FLINT & GENESEE



ExploreFlintandGenesee.org

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WELCOME!

Congratulations and thank you for registering for the 48th edition of the HAP CareSource Crim Festival of Races. On behalf of everyone at the Crim Fitness Foundation, let me be the first to welcome you to this year's great lineup of events. With so many options available for you to spend your time and money this summer, we all truly appreciate the time you set aside to prepare for the events and for the time you will spend with us during race week.

Our teams have worked tirelessly to ensure that you have a world-class experience at the HAP CareSource Crim Festival of Races. We hope you take advantage of all of the related opportunities and enjoy the entire experience. We also hope you'll take a moment to reflect on the importance of your race registration. When you register to participate, not only are you making your own health and fitness a priority, but you are supporting the Crim's mission to enhance physical, mental and social well being in Flint and Genesee County.

The Crim is able to serve more than 20,000 residents each year through the Crim Training Program and youth running pipeline; Crim Youth Sports program; the Crim Mindfulness and Mental Wellbeing Initiative; and through all of Crim's Neighborhood Impact work, including nutrition education, food systems, health policy advocacy, and more.

Thank you again for joining us and a huge thank you to all of our staff, sponsors, partners, vendors, and volunteers who help to make this a memorable experience for all.



Brandon Morgan
Director of External Relations



CAN'T WAIT TO SEE YOU ON THE BRICKS!



MEET OUR RACES & OPERATION TEAM!



BRANDON MORGAN, DIRECTOR
Operations Team Lead
Community and Corporate Partnerships
Sponsorships and Philanthropy
External Relations, PR, Media

MEGAN GEORGE, COORDINATOR
Marketing Lead
Donor and Sponsor Management
Special Events
Crim Expo

LIZ JONES, ASSOCIATE DIRECTOR
Registration and Customer Solutions
Crim Training Program Lead
Youth Running Initiative Lead
Athlete Inclusivity Specialist

MATT TREVITHICK, ASSOCIATE DIRECTOR
Operations Lead
Courses and Event Building
Logistics and Warehousing
Traffic, Public Safety, Medical, and more

SCHEDULE OF EVENTS

Thursday 8/21

2:00 - 7:00PM - Riverfront Conference Center: Planet Fitness Crim Expo and Packet Pickup presented by RMI
7:00PM - UM-Flint Pavilion Ice Rink: Crim 30 Year Club Celebration

Friday 8/22

11:00AM - 7:00PM - Riverfront Conference Center: Planet Fitness Crim Expo and Packet Pickup presented by RMI
6:00 PM - Saginaw Street at Kearsley: Lois Craig Invitational (Special Olympics race)
7:00 PM - Kearsley Street at Harrison: Michigan Mile, presented by UM-Flint

Saturday 8/23

10 MILE RACE, PRESENTED BY CONSUMERS ENERGY

6:45AM - National Anthem
6:50AM - Wheelers and Hand Cyclists 10 Mile
7:00 AM - Elite Field 10 Mile Championship
7:05 AM - 30-Year Racers Start
7:10 AM - 10 Mile Public Start (by corral, approximately 60 seconds between waves)

5 MILE RACE, PRESENTED BY AL SERRA AUTO PLAZA

9:00 AM - 5 Mile Run
9:05 AM - 5 Mile Walk

5K RACE, PRESENTED BY HUNTINGTON BANK

10:00 AM - 5K Run
10:05 AM - 5K Walk
12:00 (noon) - At City Hall Teddy Bear Trot, presented by International Brotherhood of Electrical Workers Local 948 & National Electrical Contractors Association

JOIN US AFTER YOUR RACE FOR FREE
POST RACE YOGA & STRETCHING!

POST-CRIM YOGA

BRUSH PARK 120 E. 1ST ST, FLINT, MI 48502



SESSIONS AT:

9:30 • 9:50
10:10 • 10:30
10:50 • 11:10

RACE WEEKEND SAFETY & SECURITY

To ensure that we are providing the safest environment possible for all of our participants when racing we will be using a combination of nationally-approved endurance event systems:

Heat Index - The Wet Bulb Globe Temperature (WBGT) - The Flag Event Alert System (EAS)



GREEN

Good conditions for racing



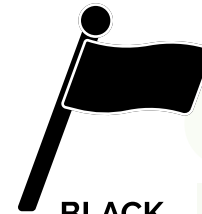
YELLOW

Moderate risk of heat injury, consider slowing your pace



RED

High risk of heat injury or serious environmental condition



BLACK

Race has been canceled

Emergency Shelter Locations

In the event of a significant weather event near the Start/Finish Area the following areas can be used for shelter: **UM Flint Pavilion or the Harrison Street Parking Structure.**

Official Medical Support, presented by Patriot Ambulance

First Aid Tent: The Festival first aid tent is located on Saginaw Street near First Street.

Medical Support on Course

Ambulances and/or a Medical Cart will be stationed at approximately every mile. If you or someone experiences a medical emergency on the course, please dial 911 immediately.

TRAVEL & HOTEL INFO

Make the Most Out of Your Trip to Flint!

If you are coming to Flint from out of town for the Crim, stay awhile and check out all of the cool things the city and surrounding area has to offer!

Airport **Bishop International Airport**

3425 West Bristol Road
Flint, MI 48507

Located only 6 miles from the start/finish line, Flint's Bishop International Airport is the perfect for your Crim travel needs!

Train **Amtrak**

1407 South Dort Highway
Flint, MI 48503

Located 3 miles from the start/finish line!

Bus **MTA**

Please note that MTA routes will be affected on Saturday August 23rd because of road closures due to the race. MTA generously provides a shuttle service for race day from the Diplomat Pharmacy/ McLaren Medical Testing Lab located at 4000 Saginaw St, Flint, MI 48507

HOTELS

[CLICK HERE FOR A FULL LIST OF HOTELS](#)

PARKING

Expo Parking

Downtown Flint offers many parking options, both free and paid:

- Street parking is available on side streets off Beach St. & Saginaw St.
- The Beach Street parking ramp will be available during Expo business hours

Race Day Parking

VIEW INFO

Parking lots in and around the downtown area fill up early.

We highly recommend using our free and easily accessible parking and shuttle service!

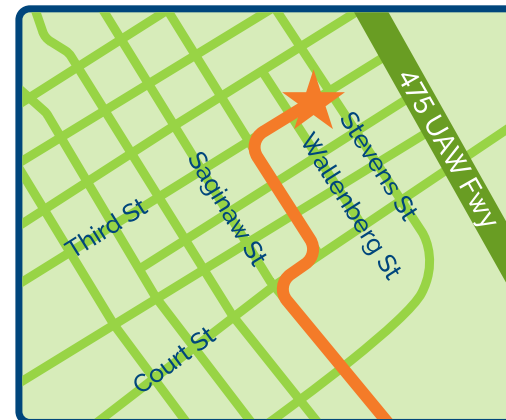
Race Day Shuttle Information

Park your vehicle (free of charge) at **Diplomat Pharmacy/ McLaren Medical Testing Lab** located at 4000 Saginaw St, Flint, MI 48507 (an easy drive from I-475).

Parking is on the **southwest corner of Atherton & Saginaw Streets**, approximately 2.5 miles from the start/finish.

Shuttle buses will transport participants and spectators to Third Street between Stevens and Wallenberg streets, approximately 2-3 blocks from the start/finish. The shuttle service begins at 5:45am from Diplomat Pharmacy/McLaren Medical Testing Lab and will run a continuous loop until 1pm. When you're ready to leave, go back to Third Street between Stevens and Wallenberg Streets. The last shuttle to Diplomat Pharmacy/McLaren Medical Testing Lab will depart from Third Street at 1pm.

 Parking  Shuttle Route  Shuttle Drop Off



PARKING (cont.)

If you choose not to use the shuttle service, parking is available in several locations around the downtown area on Crim morning.

Flint Powers High School - right off I-69, Hammerberg Road Exit.

University of Michigan William White Lot - Coming into Flint on Flushing Road/Robert T. Longway, or via I-475, the University of Michigan William White lot offers a substantial number of parking spaces. This lot is located on the corner of Saginaw St. and Robert T. Longway, across from Rally's.

From the south and I-69, parking is available in the Flint City Hall area, near the corner of Saginaw and Court Street. Additional parking spaces are found scattered throughout the downtown area.

U of M Flint Recreation Center Parking Lot - Located at Mill Street and E Kearsley Street. This lot is accessible off of Chavez Dr and can be accessed via the Robert T Longway exit off of I-475.

**Flint Powers High School
Walking Path**



**U of M William White Lot & U of M
Flint Recreation Center Lot
Walking Path**



EXPO INFORMATION

2025 Expo Hours:

Thursday, August 21st: 2:00 - 7:00pm

Friday, August 22nd: 11:00am - 7:00pm

Saturday, August 23rd: 5:30am until 30 minutes before the race begins (last minute/emergency packet-pickup only). **NO RACE DAY REGISTRATION.**

Hosted at the newly-renovated Riverfront Conference Center in downtown Flint!

1 RIVERFRONT CENTER WEST FLINT, MI 48502

Join us for the Crim Expo presented by Planet Fitness, one of the largest race expos around with over 45 different vendors focused on health and fitness. As you walk through the path of Expo booths on your way to picking up your race packet, check out one of our many vendors and sponsors including:

- HAP CareSource Photo Booth in the Welcome Lobby
- Crim merchandise and solutions table as you enter the expo
- Local running stores: The Complete Runner and Bauman's Running and Walking Shop
- Chair massages and stretching guides with Primary Prevention Physiotherapy
- Decorative hair braiding and design with TriBellas Salon
- And more!

The Expo serves as the only location for packet pickup:

- **Dynamic Bib Pick-up** - You will only need your first and last name to pick up your race bib. You can pick up another participant's packet with their confirmation number or a print out of that participant's registration.
- **Late Registration** - Can be done in-person during Expo hours on Thursday and Friday (8/21 & 8/22), or online until Friday. There is no day of registration on race day, Saturday, 8/24. **SOME RACES MIGHT SELL OUT EARLY! LATE REGISTRATION IS ONLY AVAILABLE IF SPOTS REMAIN.**
- **Need to make a change to your registration?** All race week changes should be made in person during the Expo hours. Stop by the Crim solutions table and someone on the team can help make those changes!

WE ASK THAT PARTICIPANTS PLEASE MAKE EVERY EFFORT TO PICK-UP PACKETS ON THURSDAY OR FRIDAY AND ONLY ON RACE DAY IF ABSOLUTELY NECESSARY.

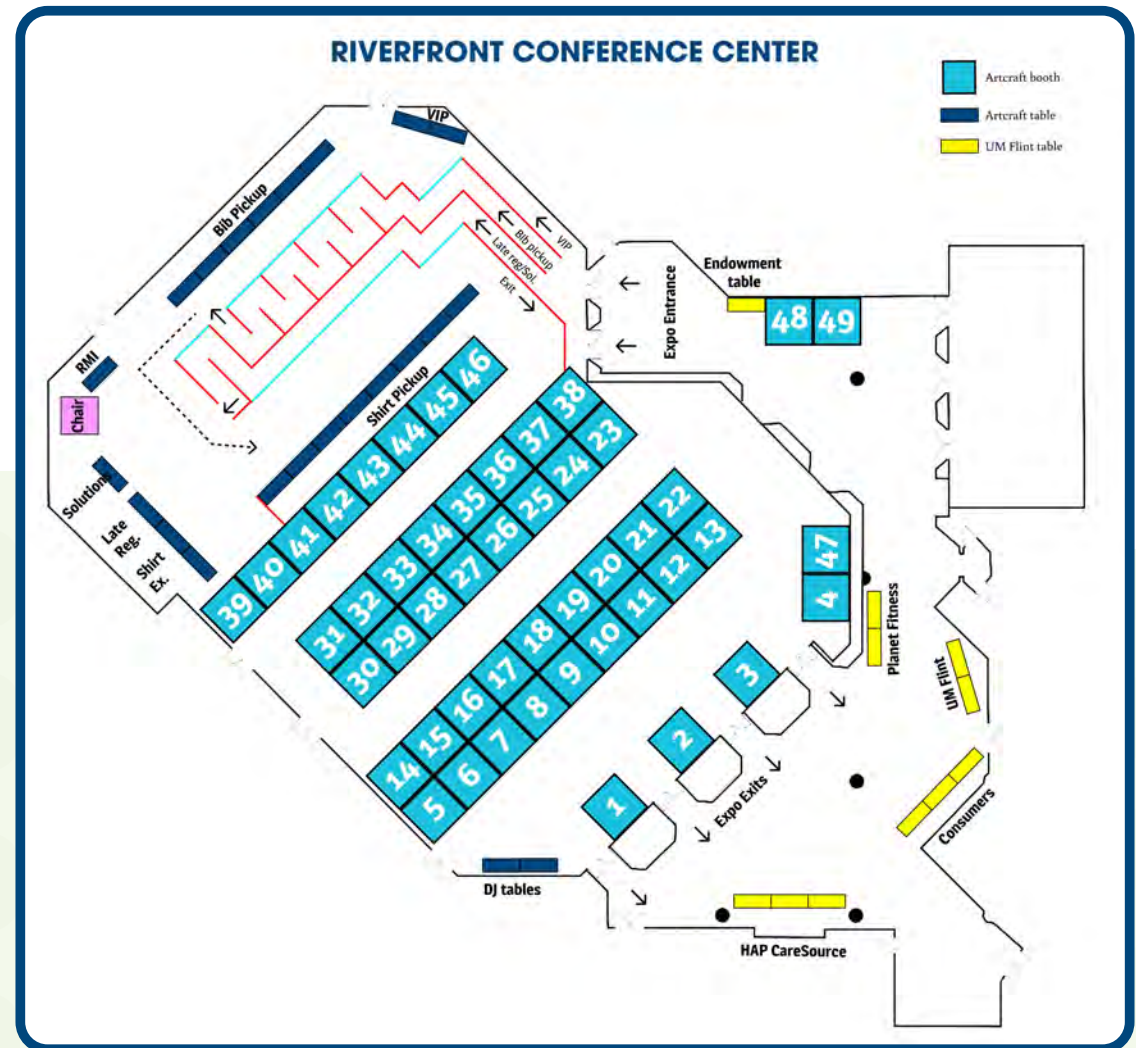
SPECIAL THANKS TO FIM FOR PROVIDING EXPO AND COURSE ENTERTAINMENT



EXPO MAP & VENDORS

Expo Vendors

Absopure
 Ace Chiropractic
 Bauman's Running & Walking Shop
 Bremer Prosthetic & Photo Booth
 Club Pilates Grand Blanc
 Consumers
 Crim Fitness Foundation Merch & Endowment Table
 Dexter to Ann Arbor Runs
 Genesee Health System
 Gift of Life of Michigan
 Goodr Sunglasses and BeeCause Sneaker Charms
 HAP CareSource
 Henry Ford Health
 IBEW/NECA
 Insight Health
 Michigan Vascular Center
 Milk Means More/United Dairy of Michigan
 Mott Community College
 National Running Center
 Pinnacle Dermatology
 Planet Fitness
 Primary Prevention Physiotherapy
 Race Essential
 Reyes Coca-Cola Bottling
 Rose Hill Center
 Shops on Saginaw Vendor: Do Good Things with Friends
 Shops on Saginaw Vendor: Inspire Flint
 Shops on Saginaw Vendor: KKandles
 Shops on Saginaw Vendor: Lord Lairds
 Shops on Saginaw Vendor: Metro Celeb
 Special Olympics of Michigan
 The Complete Runner
 TriBella's Hair Braiding Station
 UMFlint Rec Center
 WalMart
 YMCA of Greater Flint

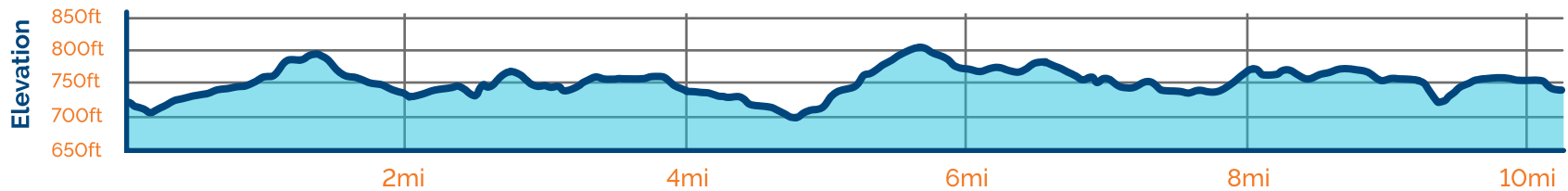


INFO MAPS

Elevation Information:

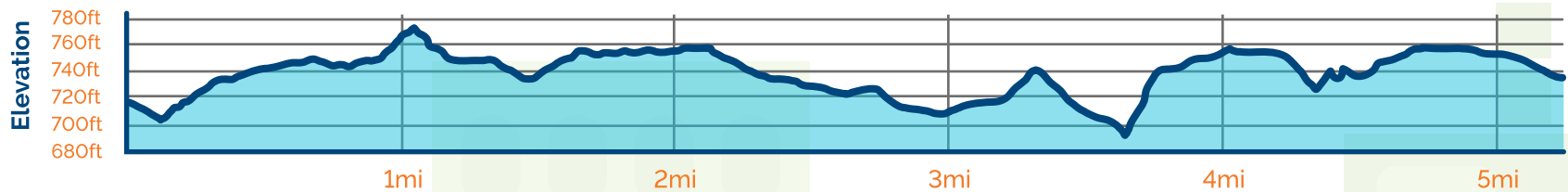
10 MILE

- 461 ft ascent, 446 ft descent



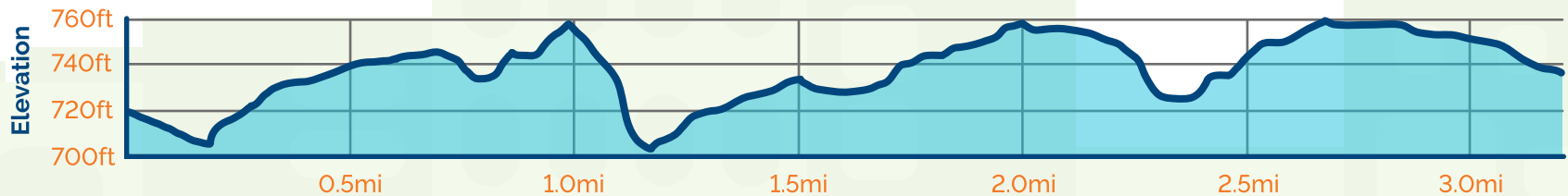
5 MILE

- 255 ft ascent, 238 ft descent



5K

- 170ft ascent, 154 ft descent



Turn by Turn Information:

[CLICK HERE TO VIEW TURN BY TURN INSTRUCTIONS](#)

Waves & Paces

Corral	Start Time	Pace
A1 (Elite)	7:00:00AM	Variable
A2 (30yr)	7:05:00AM	Variable
B	7:10:00AM	Under 7
C	7:12:00AM	Under 8
D	7:14:00AM	Under 9
E	7:16:00AM	Under 10
F	7:18:00AM	Under 11
G	7:20:00AM	Under 12
H	7:22:00AM	Under 15
I	7:24:00AM	Over 15

Porta Potty/ Water Stations

10 mile: 15 portable restroom locations between miles 2-9.

5 mile: 6 portable restroom locations between miles 1-4.5.

5k: 3 portable restroom locations between miles 1-2.5.

Portable restrooms will also be available on the Festival Lot (Kearsley and 1st Street sides) and by the shuttle parking lot (Saginaw & Atherton corner).

Water Station Sponsors

Aid stations on the 10 Mile Course are located at the following mile markers. **Thank you to all our aid station sponsors!**

Mi.	Sponsor Name
Start	Penske
1	---
2	Genesee Health System
3	Kettering University
4	Walmart
5	HAP CareSource
6	Genesee Polymers
7	Plante Moran
8	Walmart
8.5	Northgate Packaging
9	Huntington Bank
9.5	Long Drink

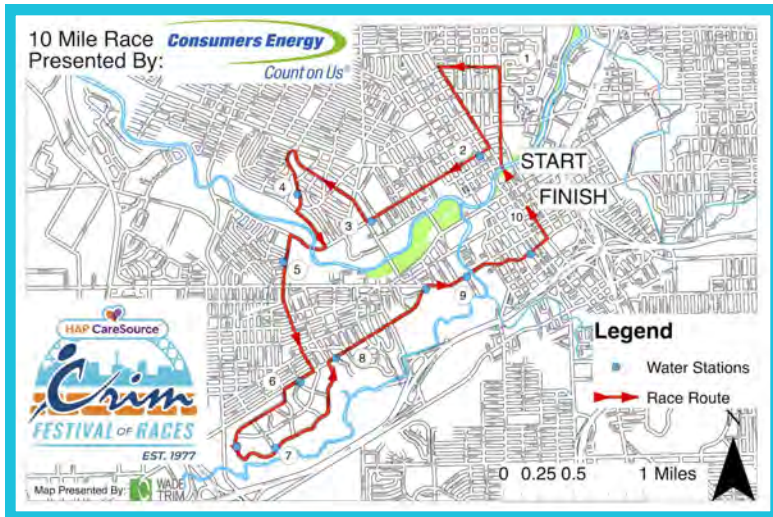
Corral Map Overhead View - To View the Full Lot Map, View Page 13



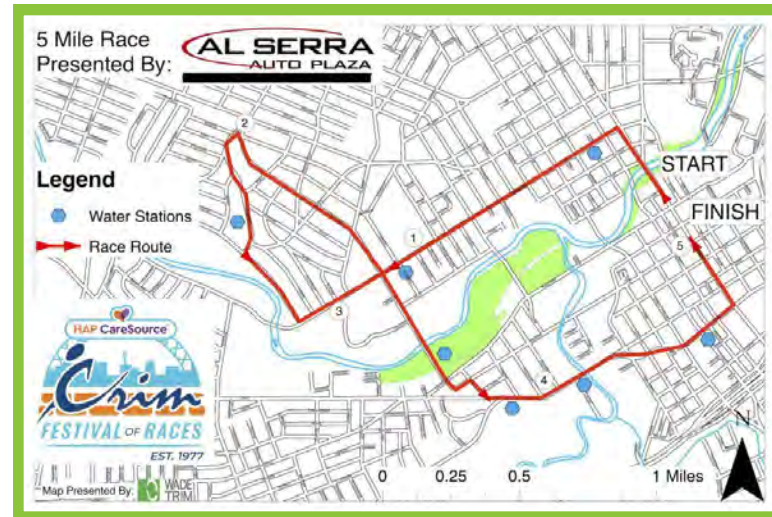
PortaPotties/Water Stations will be located at the start and finish line

COURSE MAPS

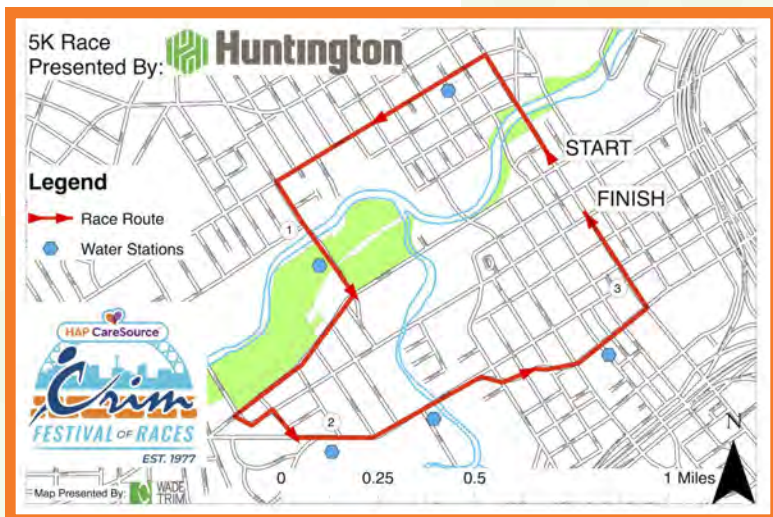
10 MILE RACE



5 MILE RACE



5K RACE



MICHIGAN MILE



STREET CLOSURE SCHEDULE

Friday – Roads close at 5:30PM

Saturday – Roads close at 6:15AM

Roads will reopen on **Saturday around 1PM**

Saginaw St will remain **closed from 5:30PM Friday - 3PM Saturday**

RALCO INDUSTRIES FINISH LINE AREA

All finishers, except those who are completing “Bundle Races” (Crim Half Marathon or Bobby Challenge) will receive their respective medals in the finisher chute. Bundle Racers will get their medals at a special tent on the Festival Lot

There will also be a finish-line medical tent for those who need support.

The Finish Line Area will also have:

Absopure Water - Body Armor

Post-race food provided by Meijer

Bananas - Granola Bars - Popsicles

And, of course, the chocolate milk provided by **Milk Means More/United Dairy Industry of Michigan**

MICHIGAN VASCULAR CENTER FESTIVAL LOT

Thank you Michigan Vascular Center, the Official Sponsor of the Crim's Post-Race Festival!

Make sure you join us for all of the fun on the Crim Festival Lot from 7AM - 2PM.

Fun Features Include:

- **Live music from the Genesee Health System Festival Stage!** The band Dr. DeLorean and the Space Invaders will be playing all your party favorites!
- Additional music, entertainment, games, and photos from **Black Tie Productions!**
- On-site physical therapy from **Primary Prevention Physiotherapy, the Crim's Official Physiotherapy Provider!**
- A tent full of fun giveaways and information from **HAP CareSource!**
- **A FREE** slice of **Little Caesar's Pizza** for all participants thanks to **Pizza Partners, LLC.**
- **A FREE** beverage for all participants. Participants can choose from a variety of non-alcoholic options, as well as: *Long Drink (regular, zero sugar, peach, cranberry), Coors Light, Modelo, Corona Premier, Atwater D-Light, Two Hearted*

A Huge Thanks To Crim's Official Beverage Provider: JP O'Sullivan Distributing

- Additional pizza and beverages are available for purchase - cash and card both accepted.
- Pizza Slice \$2
- Pop \$2
- Beer/Canned Cocktails \$5
- And, if you are still hungry, there will be a number of food trucks or food vendors on the lot, including:
 - Bella's Concessions and Catering
 - Happy Camper Ice Cream
 - Twisted Burger
 - Gordo & Flacos Tacos



PortaPotties/Water Stations will be located at the start and finish line
HAP Bags can be recycled!

Other Michigan Vascular Center Festival Lot Amenities Include:

The Crim VIP Tent for Sponsors and Donors, bike corral parking, FREE Gear Check sponsored by Insight Health, Waste removal services provided by Schupan Environmental

Did You Know?

Crim is working with Schupan Environmental to become zero waste by the year 2027 and to receive the Council for Responsible Sport Certification. We care about our environment and we are grateful for Schupan's support in helping us achieve this important goal!

PACER INFO

For the eleventh straight year, the 2025 HAP CareSource Crim Festival of Races is proud to offer Pace Teams for the 10-mile race. If you are running the 10-mile with a goal time in mind, the experienced runners listed below will help you achieve that goal!

26 pacers will range from 6:30/mile to 13:00/mile. These runners will encourage, offer advice, and cheer you on to the finish line while running with supreme consistency.

You will see these pacers in the start line area with brightly colored shirts and holding large visible signs. Feel free to introduce yourself, and jump in a pace group at any time during the race. The pacers will run a steady pace, while notifying you of upcoming turns, water stations, and even the Bradley Hills!

Walmart Course Entertainment

Band/Entertainment On Course:

- VOG Vets and Friends Drum Group
- Jazz on Wheels
- Bristol Road Church of Christ
- DJ Jason Whiting
- Powers Marching Band
- Swartz Creek Marching Band
- Steelheads

Flat Lot Entertainment

- Black Tie Productions
- The band, The band "Dr. DeLorean and the Space Invaders", is playing at the main stage on Saturday from 9am-12:30pm.

American Mile & Veterans Honor Run

Thank you to Huntington National Bank for sponsoring the American Mile and Veterans Honor Run and providing American flags at mile 9. Additionally, Huntington Bank also offers a race morning reception for all race participants that are veterans or current members of the military located at their branch near the start line.

Spectator Info

- "Cheer Zones" for spectators
 - Start Line at Saginaw and Kearsley
 - Mott Park near Nolen and Dougherty
 - Bradley and Court Street
 - Bradley and Miller
 - Miller and Hammerberg
 - Finish Line - all along Saginaw Street to Second Street

Our shuttle service is available to both spectators and participants. Running on a continuous loop from 5:45am to 1pm, spectators are welcome to utilize the shuttle between Diplomat Pharmacy/McLaren Medical Testing Lab and our downtown drop off location located on Third St. between Wallenberg and Stevens.

A Huge Thanks To Our Water Station Sponsors And Volunteers

Sponsors:

- **Start:** Penske
- **Mile 1:** ---
- **Mile 2:** Genesee Health System
- **Mile 3:** Kettering University
- **Mile 4:** Walmart
- **Mile 5:** HAP CareSource
- **Mile 6:** Genesee Polymers
- **Mile 7:** Plante Moran
- **Mile 8:** Walmart
- **Mile 8.5:** Northgate Packaging
- **Mile 9:** Huntington Bank
- **Mile 9.5:** Long Drink

Volunteers

- **Mile 1:** Kirkridge Presbyterian & Trinity United Presbyterian
- **Mile 2:** Genesee Health System and The Links Inc
- **Mile 3:** Kettering University
- **Mile 4:** ---
- **Mile 5:** HAP CareSource
- **Mile 6:** South Flint Tabernacle
- **Mile 7:** Plante Moran and Rotary
- **Mile 8:** Powers Catholic High School
- **Mile 9:** Court Street United Methodist
- **Mile 9.5:** St Mark's Catholic Church

[VIEW PARKING](#)

OTHER INFORMATION

VIEW AGE GROUP AWARD INFORMATION

Race Photos

Race photos will be delivered electronically with your race results thanks to our timing partners, Big River Race Management and our photo sponsors, Plante Moran.

Results Information:

SPONSOR - Plante Moran

Each participant will receive a custom link to their results and race photos via a scannable QR code on their bib. After the race, this information will also be sent to each participant by email!

General results and photos will be linked on the Crim's homepage after the event, as well.

Course Records

Mens: Joseph Kamau 45:43

Womens: Vicoty Chepngeno 51:35 ('19)

ELITE PRIZE MONEY STRUCTURE

Mens Open	Womens Open	Wheelers	Hand Cyclists
1st: \$3000	1st: \$3000	1st: \$1000	1st: \$1000
2nd: \$2000	2nd: \$2000	2nd: \$500	2nd: \$500
3rd: \$1000	3rd: \$1000		

30 YEAR CELEBRATION

New 30 Years

Deborah Beason	Brian Morley
Larry Confer	Daniel Orr
Allison Ensign	Steve Ruggirello
Cindy Goodall	Francis Stone
Kathleen Hayes	Reed Swanson
Karen Herdman	Timianne Walrath
Michael Kiefer	David Wolbert
Richard Mayberry	

New 35 Years

Adam Baldrige	Brian McCallum
Ann Batchelor	James Neumann
Dan Bishop	Michael Sanchez
Kreston Canada	Kenneth Stebbins
Michael Cantor	Earl Strong
Doug Goodhue	C K Venkateswaran
Mike Keck	Robert Vogt
John Krist	

New 40 Years

Michael W Bowen	James Luyckx
Roxanne McFall	Jerry Knoodle

New 45 Years

David A Cole	Jeff Phegley
Sherry Davidson	Carl Thompson
Gordon Gibson	Stephen J Hoffman

RACE BIBS



RACE SHIRT



MEDALS



FESTIVAL OF RACES



MICHIGAN MILE



TEDDY BEAR TROT



HALF MARATHON



BOBBY CHALLENGE

AWARD PICKUP

All participants will pick up their medal at the finish line after their race, **except bundle racers, who will skip the medal line at the finish line and go to bundle medal pickup on Festival Lot to receive all their medals.**

THANK YOU
TO RUNNING AWARDS AND APPAREL
 for their partnership producing the medals
 in the Crim Festival of Races Series!

ASICS X CRIM MERCHANDISE

The Crim is proud to partner with ASICS, a global running and walking brand whose name literally translates to "A Sound Mind, in a Sound Body" - a perfect alignment with Crim's mission. As part of this partnership, the Crim is able to offer co-branded ASICS tech wear like singlets, tees, tights, hoodies, quarter zips, and more. Check out our online store & order your ASICS x Crim gear today!

[SHOP ALL CRIM MERCH](#)



Crim
Everyday -
Snapback
Trucker Cap



Crim
Everyday -
Unisex
Crewneck
Sweatshirt



Crim
Everyday -
Cuffed Winter
Beanie



Crim
Everyday -
Waterproof
Cross Body
Belt Bag



Crim
Everyday -
ASICS Men's
PR Poly
Cotton Tee



Crim
Everyday -
ASICS Unisex
Sweat Relax
Pull Over



Crim
Everyday -
Women's 1/4-
Zip Pullover

WHO WE ARE



For 48 years, "Crim" has remained committed to improving the lives of residents within the City of Flint and Genesee County by providing best-practice strategies, programming, and proven leadership in regional, state, and national efforts surrounding individual and community health. What started in 1977 as a ten-mile road race to benefit Special Olympics, has evolved into an organization providing robust, year-round programs serving the physical, mental, and social wellbeing of 20,000 Flint & Genesee County residents each year.

Our current programming includes the world-class HAP CareSource Crim Festival of Races, Crim Training Programs, and Summer Race Series; the Crim Mindfulness and Mental Wellbeing Initiative; Crim Sports; and Crim's Neighborhood Impact Team, which provides direct nutrition education, food systems support, and expertise in health policy and built environmental change.

Our organization's mission continues to be *to create vibrant accessible communities in Flint and Genesee County that encourage people to lead a healthy lifestyle by integrating physical activity, healthy eating, and mindful practices into their daily lives and mentor other communities to do the same. We are transforming the community through events, programs, and policy advocacy to change the culture of health and wellness.*

DID YOU KNOW...

that the Crim's Neighborhood Impact Team works hard to create a healthier built environment for those who live in Flint and surrounding areas? Here are some statistics about biking, parking and transit that you may not know!

First time taking the bus to the Crim? You're in good company!

Every year, more than **30%**

of your fellow runners, walkers, and fans use the MTA's race day shuttle service to get straight to the action —without the gridlock or exhaust.

This isn't just on race-day. The MTA provides the same kind of convenient service

365 days a year, carrying over **15,000** riders every day throughout Genesee County. Transit riders are walkers and

runners too, with bus riders reporting an average of **15 minutes more physical activity a day** compared to their driving neighbors.



 Did you know that you can fit

12-15 BICYCLES

in the same space it takes to park just one car?



If all of this year's racers, volunteers, spectators and staff arrived at the event by bike, we'd only need one city block to park them all. However if everyone arrived in their own car, **we'd need a parking lot the size of the National Mall in Washington DC.**

Did you know that Flint has been designated as **BICYCLE FRIENDLY** by the League of American Bicyclists?

This title followed years of Crim led work such as the creation of **Flint's first-ever bike parking standards**, which legalized bike racks on sidewalks and incentivized the addition of bike racks in most new buildings. This was made possible thanks to engagement and research from Crim planners and policy staff.

DID YOU KNOW...

Did you know that downtown Flint has over **70 ACRES** dedicated to parking? That's more than the entire **Mall of America!**

In the 1970s, efforts aimed at making downtown "better" for drivers led to the demolition of over **50 ACRES** of stores, theaters, homes, and office buildings. In their place? **Thousands of surface-level parking spaces including the "Flat Lot"**

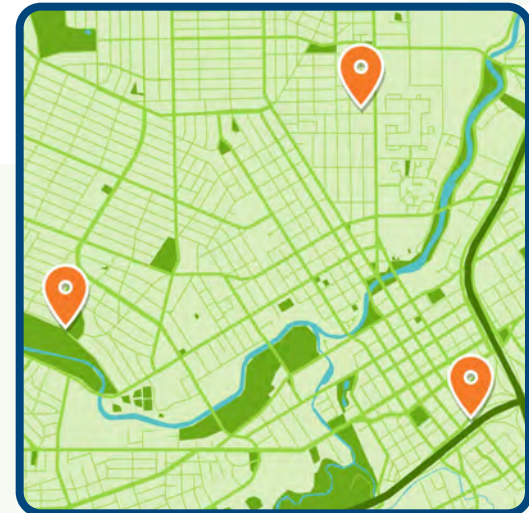
While that land is handy for the Crim After Party, what happens when there isn't a festival to activate a space? The Crim's Better Block Flint project, started in 2023 temporarily converting underused parking lots into pop-up parks, markets, and gathering spaces, these events help residents reimagine downtown as walkable, healthy, and connected,

The Crim course may be known for starting and ending on the bricks, but in between it courses racers through some of Flint's most beloved and interesting neighborhoods.

When we're not putting on races, the **Crim's Neighborhood Impact, Sports, and Mindfulness** teams spend time in all of these neighborhoods on projects ranging from hosting grocery store tours, to running sports clinics, to redesigning roads to ensure safer routes to schools and parks. This year, keep a lookout for residents of the

**SMITH VILLAGE,
CARRIAGE TOWN, & MOTT
PARK NEIGHBORHOODS**

who'll be cheering racers on at their neighborhood watch parties near the 1, 2, and 4 mile markers.



JOIN US FOR OUR FALL EVENTS!



5K ON THE RUNWAY
OCTOBER 4TH 2025



**HALLOWEEN HUSTLE &
KIDS' TRICK OR TROT**

Crim

Jan Howard
Charitable Trust

810 Mindfulness & Yoga RETREAT

SATURDAY, SEP. 6TH | 11AM - 5PM

Applewood Estate | 1400 E Kearsley St, Flint, MI 48503

Sound Immersion • Community Drumming Circle • Mindful Eating • Yoga • Mental Health & Wellbeing

REGISTER today!

WWW.CRIM.ORG/MINDFULNESS



THANK YOU TO OUR ENDOWMENT DONORS

Naming Organization: Crim Community Room

Regional Medical Imaging

Mile Marker Level: \$50,000+

Mile 1: Anna Paulina Foundation

Community Impact Level: \$25,000+

Randy Wise Family

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Anonymous (2)

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Jessica Denton

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Alfreda Duncan

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Bridget Edwards, in memory of Joey Edwards

Keli Elphinstone

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Joy L Haynes-Hawkins

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List is updated as of July 22, 2025

Erin Holdren-Otis
Michele Hood
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Peggy Ives
Delois Jackson
Tim and Kathi Johnson
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Eric Jones
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Robin Keene
Diane Lechota
Jacob Lee
Stacey Lehmann
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James Luyckx
Lori Marshall
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Pamela and James McGuirk
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Mark Mudd
Douglas A Mueller
Marilyn Natchez
JoAnne Panzlau
Grace Peabody

Sandy Petrowski
Patsy Phegley, In honor of Jeff Phegley
Darcy Pivonka
James Plouffe
Kristina Portillo
Timothy Purman
Jayson Richert
Ann Saunders
Anthony and Jennifer Sitko
Jarett Smith
Kevin and Kathy Snyder
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