



# CRIM49

HAP Crim Festival Of Races

10 MILE TRAINING PROGRAM CALENDAR

**ROAD TO 50**

1977-2026



# THANK YOU

for being a part of the Crim Training Program. We are proud to be part of a community of over 1,300 runners and walkers who are getting ready for the 49th HAP Crim Festival of Races.



**Goal to Finish (GTF):** GTF run or walk groups have the goal of finishing the race.

**Time Goal (TG):** TG run or walk groups have a specific time goal in mind for finishing the race.

**Non-Interval (NI):** run groups that train without intervals



**Cross Train:** Special thanks to our friends at Primary Prevention Physiotherapy who have created a cross training program to be used on easy or cross training days.



PRIMARY PREVENTION PHYSIOTHERAPY

**FLINTPRINTS**.COM  
YOUR LOCAL & ONLINE PRINTER

# MAY 2026

GROUP WORKOUTS MUST BE COMPLETED BY 9PM!

| SUNDAY   | MONDAY | TUESDAY  | WEDNESDAY | THURSDAY   | FRIDAY | SATURDAY  |    |  |    |  |    |   |    |
|--|--------|--|-----------|--|--------|---|----|--|----|--|----|---|----|
|  |        |  |           |  | 1      | 2   |    |  |    |  |    |   |    |
| 3  | 4      | Kickoff Easy!<br>Kickoff 3 Miles!  | 5         | Off<br>Easy<br>Kickoff Easy!<br>Kickoff 3 Miles!                             | 6      | Easy<br>3 Miles<br>Off<br>Easy<br>3 Miles<br>Kickoff Easy!<br>Kickoff 3 Miles!          | 7  | Off<br>Off<br>Easy<br>3 Miles<br>Easy<br>Easy                                      | 8  | 2 Miles<br>3 Miles<br>Off<br>Off<br>3 Miles<br>3 Miles                               | 9  |   |    |
| Easy<br>3 Miles<br>2 Miles<br>3 Miles<br>Off<br>Easy                         | 10     | Off<br>Off<br>Easy<br>3 Miles<br>Easy<br>3-4 Miles<br>Kickoff Easy!<br>Kickoff 3 Miles | 11        | 2-3 Miles<br>3-4 Miles<br>Off<br>Off<br>2 Miles<br>3 Miles<br>Off<br>Easy    | 12     | Easy<br>Easy<br>2-3 Miles<br>3-4 Miles<br>Off<br>Off<br>Easy<br>3 Miles                 | 13 | 2 Miles<br>3 Miles<br>Easy<br>Easy<br>2-3 Miles<br>3-4 Miles<br>Off<br>Off         | 14 | Off<br>Easy<br>2 Miles<br>3 Miles<br>Easy<br>Easy<br>2 Miles<br>3 Miles              | 15 | 2 Miles<br>3-4 Miles<br>Off<br>Easy<br>2 Miles<br>3 Miles<br>Easy<br>Easy<br>2 Miles<br>3 Miles               | 16 |
| Easy<br>3 Miles<br>2 Miles<br>3-4 Miles<br>Off<br>Easy<br>Off<br>Off         | 17     | Off<br>Off<br>Easy<br>3 Miles<br>Easy<br>3-4 Miles<br>2-3 Miles<br>3-4 Miles           | 18        | 3 Miles<br>4-5 Miles<br>Off<br>Off<br>2 Miles<br>3 Miles<br>Easy<br>Easy     | 19     | Easy<br>Easy<br>3 Miles<br>3-4 Miles<br>4-5 Miles<br>Off<br>Off<br>2 Miles<br>3 Miles   | 20 | 2 Miles<br>3 Miles<br>Easy<br>Easy<br>3 Miles<br>4-5 Miles<br>Off<br>Off<br>Easy   | 21 | Off<br>Easy<br>2 Miles<br>3 Miles<br>Easy<br>Easy<br>2 Miles<br>3 Miles<br>3-4 Miles | 22 | 2 Miles<br>3-4 Miles<br>Off<br>Easy<br>2 Miles<br>3 Miles<br>Easy<br>Easy<br>2 Miles<br>3 Miles               | 23 |
| Easy<br>3 Miles<br>2 Miles<br>3-4 Miles<br>Off<br>Easy<br>Off<br>Off         | 24     | Off<br>Off<br>Easy<br>3 Miles<br>Easy<br>4-5 Miles<br>3 Miles<br>4-5 Miles             | 25        | 3-4 Miles<br>5-6 Miles<br>Off<br>Off<br>2-3 Miles<br>3 Miles<br>Easy<br>Easy | 26     | Easy<br>Easy<br>3-4 Miles<br>3-4 Miles<br>5-6 Miles<br>Off<br>Off<br>2 Miles<br>3 Miles | 27 | 2-3 Miles<br>3 Miles<br>Easy<br>Easy<br>3 Miles<br>5-6 Miles<br>Off<br>Off<br>Easy | 28 | Off<br>Easy<br>2 Miles<br>3 Miles<br>Easy<br>Easy<br>2 Miles<br>3 Miles<br>3-4 Miles | 29 | 3 Miles<br>4-5 Miles<br>Off<br>Off<br>4-5 Miles<br>3 Miles<br>3-4 Miles<br>Easy<br>Easy<br>2 Miles<br>3 Miles | 30 |
| 2-3 Miles<br>3-4 Miles<br>3 Miles<br>3-4 Miles<br>Easy<br>Easy<br>Off<br>Off | 31     |  |           |  |        |   |    |  |    |  |    |   |    |

## KEY

● MON. GTF

● MON. TG

● TUES. GTF

● TUES. TG

● WED. GTF

● WED. TG

● THURS. GTF

● THURS. TG

## VOUCHER RACES

May 16 Healing Hands

May 16 Flip Flop 5K

May 23 Clio Can Do - Freedom 4 Vets

May 16 Swartz Creek Challenge 5K

**Specified number of minutes:** These are your homework assignments. Your pace is not assigned, so go by how you feel on that particular day.

**Easy:** These are days you don't worry about your pace at all; just get moving. Go for an easy run/walk of no more than 20 minutes.

**Cross train or easy:** These are days where you are encouraged to be physically active in some way. You can go for a short run/walk, swim, bike, strength train, or scan the QR code on the first page for a selection of cross training workouts.

# JUNE 2026

GROUP WORKOUTS MUST BE COMPLETED BY 9PM!

| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  |
|---|---|---|---|---|--|---|
|   | Off<br>Off<br>2-3 Miles<br>3-4 Miles<br>2 Miles<br>5-6 Miles<br>3-4 Miles<br>5-6 Miles              | 4 Miles<br>6-7 Miles<br>Off<br>Off<br>2-3 Miles<br>3-4 Miles<br>Easy<br>Easy                    | Easy<br>Easy<br>4 Miles<br>6-7 Miles<br>Off<br>Off<br>2-3 Miles<br>3 Miles                      | 2-3 Miles<br>3-4 Miles<br>Easy<br>Easy<br>4 Miles<br>6-7 Miles<br>Off<br>Easy   | Cross Train Or Easy<br>Cross Train Or Easy<br>2-3 Miles<br>3-4 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy<br>3 Miles<br>4-5 Miles   | 3-4 Miles<br>6-7 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy<br>3-4 Miles<br>3-4 Miles<br>2 Miles<br>3-4 Miles    |
| 2-3 Miles<br>3-4 Miles<br>3-4 Miles<br>6-7 Miles<br>Easy<br>Easy<br>Off<br>Off        | Off<br>Off<br>2-3 Miles<br>3-4 Miles<br>2-3 Miles<br>6-7 Miles<br>4 Miles<br>6-7 Miles              | 4-5 Miles<br>7-8 Miles<br>Off<br>Off<br>2-3 Miles<br>3-4 Miles<br>Easy<br>Easy                  | Easy<br>Easy<br>4-5 Miles<br>7-8 Miles<br>Off<br>Off<br>2-3 Miles<br>3-4 Miles                  | 2-3 Miles<br>3-4 Miles<br>Easy<br>Easy<br>4-5 Miles<br>7-8 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy                  | Cross Train Or Easy<br>Cross Train Or Easy<br>2-3 Miles<br>3-4 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy<br>3-4 Miles<br>6-7 Miles | 3-4 Miles<br>6-8 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy<br>3-4 Miles<br>3-4 Miles<br>2-3 Miles<br>3-4 Miles  |
| 2-3 Miles<br>3-4 Miles<br>3-4 Miles<br>6-8 Miles<br>Easy<br>Easy<br>Off<br>Off        | Off<br>Off<br>2-3 Miles<br>3-4 Miles<br>2-3 Miles<br>6-8 Miles<br>4-5 Miles<br>7-8 Miles            | 5-6 Miles<br>Hills/Short Int 5-6 Miles<br>Off<br>Off<br>2-3 Miles<br>3-4 Miles<br>Easy<br>Easy  | Easy<br>Easy<br>5-6 Miles<br>Hills/ Short Int 5-6 Miles<br>Off<br>Off<br>2-3 Miles<br>3-4 Miles | 2-3 Miles<br>3-4 Miles<br>Easy<br>Easy<br>5-6 Miles<br>Hills/ Short Int 5-6 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy | Cross Train Or Easy<br>Cross Train Or Easy<br>2-3 Miles<br>3-4 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy<br>3-4 Miles<br>6-8 Miles | 3-4 Miles<br>6-8 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy<br>3-4 Miles<br>3-4 Miles<br>2-3 Miles<br>3-4 Miles  |
| 2-3 Miles<br>3-4 Miles<br>3-4 Miles<br>6-8 Miles<br>Easy<br>6-8 Miles<br>Off<br>Off   | Off<br>Off<br>2-3 Miles<br>3-4 Miles<br>2-3 Miles<br>Easy<br>5-6 Miles<br>Hills/Short Int 5-6 Miles | 6 Miles<br>6-10 Miles<br>Off<br>Off<br>4-5 Miles<br>4-6 Miles<br>Easy<br>Easy                   | Easy<br>Easy<br>6 Miles<br>6-10 Miles<br>Off<br>Off<br>2-3 Miles<br>3-4 Miles                   | 3-4 Miles<br>4-6 Miles<br>Easy<br>Easy<br>6-7 Miles<br>6-10 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy                 | Cross Train Or Easy<br>Cross Train Or Easy<br>3-4 Miles<br>4-6 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy<br>3-4 Miles<br>6-8 Miles | 4-5 Miles<br>8-12 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy<br>3-4 Miles<br>3-4 Miles<br>2-3 Miles<br>3-4 Miles |
| 3-4 Miles<br>3-4 Miles<br>4-5 Miles<br>8-12 Miles<br>Easy<br>8-12 Miles<br>Off<br>Off | Off<br>Off<br>3-4 Miles<br>3-4 Miles<br>3-4 Miles<br>Easy<br>6 Miles<br>6-10 Miles                  | 6-7 Miles<br>Hills/ Shirt Int 5-6 Miles<br>Off<br>Off<br>4-5 Miles<br>4-6 Miles<br>Easy<br>Easy |   |   |  |   |

- KEY**
- **MON. GTF**
  - **WED. GTF**
  - **MON. TG**
  - **WED. TG**
  - **TUES. GTF**
  - **THURS. GTF**
  - **TUES. TG**
  - **THURS. TG**

**Specified number of minutes:** These are your homework assignments. Your pace is not assigned, so go by how you feel on that particular day.

**Easy:** These are days you don't worry about your pace at all; just get moving. Go for an easy run/walk of no more than 20 minutes.

## VOUCHER RACES

- June 10 Flushing Evening Road Race
- June 13 Walk, Run or Roll 5K

**Cross train or easy:** These are days where you are encouraged to be physically active in some way. You can go for a short run/walk, swim, bike, strength train, or scan the QR code on the first page for a selection of cross training workouts.

# JULY 2026

GROUP WORKOUTS MUST BE COMPLETED BY 9PM!

| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |  |
|---|--|---|--|--|---|---|--|
|   |  |   | Easy<br>Easy<br>6-7 Miles<br>Hills Short Int 5-6 Miles<br>Off<br>Off<br>2-3 Miles<br>4-6 Miles         | 1<br>3-4 Miles<br>4-6 Miles<br>Easy<br>Easy<br>7 Miles<br>Hills/ Short Int 5-6 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy     | 2<br>Cross Train Or Easy<br>Cross Train Or Easy<br>3-4 Miles<br>4-6 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy<br>4-5 Miles<br>8-12 Miles  | 3<br>4-5 Miles<br>8-12 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy<br>3-4 Miles<br>4-6 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy<br>4-5 Miles<br>8-12 Miles | 4<br>4-5 Miles<br>8-12 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy<br>3-4 Miles<br>3-4 Miles<br>3-4 Miles<br>3-4 Miles |
| 3-4 Miles<br>3-4 Miles<br>4-5 Miles<br>8-12 Miles<br>Easy<br>8-12 Miles<br>Off<br>Off | 5<br>Off<br>Off<br>3-4 Miles<br>3-4 Miles<br>3-4 Miles<br>Easy<br>6-7 Miles<br>Hills/ Short Int 5-6 Miles  | 6<br>7 Miles<br>6-10 Miles<br>Off<br>Off<br>4-5 Miles<br>4-6 Miles<br>Easy<br>Easy                      | 7<br>Easy<br>Easy<br>7-8 Miles<br>6-10 Miles<br>Off<br>Off<br>3-4 Miles<br>4-6 Miles                   | 8<br>3-4 Miles<br>4-6 Miles<br>Easy<br>Easy<br>7-8 Miles<br>6-8 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy                    | 9<br>Cross Train Or Easy<br>Cross Train Or Easy<br>3-4 Miles<br>4-6 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy<br>4-5 Miles<br>8-12 Miles  | 10<br>4-5 Miles<br>8-12 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy<br>3-4 Miles<br>3-4 Miles<br>3-4 Miles<br>3-4 Miles   |  |
| 3-4 Miles<br>3-4 Miles<br>4-5 Miles<br>8-12 Miles<br>Easy<br>8-12 Miles<br>Off<br>Off | 12<br>Off<br>Off<br>3-4 Miles<br>3-4 Miles<br>3-4 Miles<br>Easy<br>7-8 Miles<br>6-10 Miles                 | 13<br>7-8 Miles<br>Hills/ Short Int 6-8 Miles<br>Off<br>Off<br>4-5 Miles<br>4-6 Miles<br>Easy<br>Easy   | 14<br>Easy<br>Easy<br>7-8 Miles<br>Hills Short Int 6-8 Miles<br>Off<br>Off<br>3-4 Miles<br>4-6 Miles   | 15<br>3-4 Miles<br>4-6 Miles<br>Easy<br>Easy<br>8-9 Miles<br>Long Int/Fartlek 6-8 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy  | 16<br>Cross Train Or Easy<br>Cross Train Or Easy<br>3-4 Miles<br>4-6 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy<br>4-5 Miles<br>8-12 Miles | 17<br>4-5 Miles<br>8-12 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy<br>3-4 Miles<br>3-4 Miles<br>3-4 Miles<br>3-4 Miles   |  |
| 3-4 Miles<br>3-4 Miles<br>4-5 Miles<br>8-12 Miles<br>Easy<br>8-12 Miles<br>Off<br>Off | 19<br>Off<br>Off<br>3-4 Miles<br>3-4 Miles<br>3-4 Miles<br>Easy<br>8-9 Miles<br>Hills/ Short Int 6-8 Miles | 20<br>8-9 Miles<br>6-10 Miles<br>Off<br>Off<br>4-5 Miles<br>4-6 Miles<br>Easy<br>Easy                   | 21<br>Easy<br>Easy<br>8-9 Miles<br>6-10 Miles<br>Off<br>Off<br>3-4 Miles<br>4-6 Miles                  | 22<br>3-4 Miles<br>4-6 Miles<br>Easy<br>Easy<br>8-10 Miles<br>6-8 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy                  | 23<br>Cross Train Or Easy<br>Cross Train Or Easy<br>3-4 Miles<br>4-6 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy<br>4-5 Miles<br>8-12 Miles | 24<br>4-5 Miles<br>8-12 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy<br>3-4 Miles<br>3-4 Miles<br>3-4 Miles<br>3-4 Miles   |  |
| 3-4 Miles<br>Easy<br>4-5 Miles<br>8-12 Miles<br>Easy<br>8-12 Miles<br>Off<br>Off      | 26<br>Off<br>Off<br>3-4 Miles<br>Easy<br>3-4 Miles<br>Easy<br>8-10 Miles<br>6-10 Miles                     | 27<br>8-10 Miles<br>Long Int/ Fartlek 6-8 Miles<br>Off<br>Off<br>3-4 Miles<br>4-6 Miles<br>Easy<br>Easy | 28<br>Easy<br>Easy<br>8-10 Miles<br>Long Int/Fartlek 6-8 Miles<br>Off<br>Off<br>3-4 Miles<br>4-6 Miles | 29<br>3-4 Miles<br>4-6 Miles<br>Easy<br>Easy<br>7-8 Miles<br>Long Int/ Fartlek 6-8 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy | 30<br>Cross Train Or Easy<br>Cross Train Or Easy<br>3-4 Miles<br>4-6 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy<br>4-5 Miles<br>8-12 Miles | 31  |  |

## KEY

- MON. GTF
- MON. TG
- TUES. GTF
- TUES. TG
- WED. GTF
- WED. TG
- THURS. GTF
- THURS. TG

**Specified number of minutes:** These are your homework assignments. Your pace is not assigned, so go by how you feel on that particular day.

**Easy:** These are days you don't worry about your pace at all; just get moving. Go for an easy run/walk of no more than 20 minutes.

## VOUCHER RACES

- July 9 Scoop de' Loop
- July 11 Bastille Day Race
- July 18 Clio Can Do 5K
- July 23 London Strong "Set Your Dreams" 5K
- July 29 Bauman's Charity Race

**Cross train or easy:** These are days where you are encouraged to be physically active in some way. You can go for a short run/walk, swim, bike, strength train, or scan the QR code on the first page for a selection of cross training workouts.

# AUGUST 2026

GROUP WORKOUTS MUST BE COMPLETED BY 9PM!

| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   |
|---|---|----------|--|--|---|--|
|   |   |          |  |  |   | 4-5 Miles<br>6-10 Miles<br>Cross Train Or Easy<br>3-4 Miles<br>3-4 Miles<br>3-4 Miles<br>Easy  |
| 3-4 Miles<br>3-4 Miles<br>4-5 Miles<br>6-10 Miles<br>Easy<br>8-12 Miles<br>Off<br>Off | 2<br>Off<br>Off<br>3-4 Miles<br>3-4 Miles<br>2-3 Miles<br>Easy<br>7-8 Miles<br>Long Int/Fartlek 6-8 Miles | 3<br>3   | 4<br>7-8 Miles<br>4-6 Miles<br>Off<br>3-4 Miles<br>4-6 Miles<br>Easy<br>Easy         | 5<br>Easy<br>Easy<br>7-8 Miles<br>4-6 Miles<br>Off<br>3-4 Miles<br>4-6 Miles         | 6<br>3-4 Miles<br>3-4 Miles<br>Easy<br>Easy<br>5-6 Miles<br>4-6 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy                   | 7<br>Cross Train Or Easy<br>Cross Train Or Easy<br>3-4 Miles<br>3-4 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy<br>4-5 Miles<br>6-10 Miles |
| 3-4 Miles<br>3-4 Miles<br>4-5 Miles<br>4-5 Miles<br>Easy<br>8-10 Miles<br>Off<br>Off  | 9<br>Off<br>Off<br>3-4 Miles<br>3-4 Miles<br>2-3 Miles<br>Easy<br>3-4 Miles<br>4-6 Miles                  | 10<br>10 | 11<br>7-8 Miles<br>4-6 Miles<br>Off<br>3-4 Miles<br>4-6 Miles<br>Easy<br>Easy        | 12<br>Easy<br>Easy<br>4-6 Miles<br>4-6 Miles<br>Off<br>Off<br>3-4 Miles<br>3-4 Miles | 13<br>2-3 Miles<br>3-4 Miles<br>Easy<br>Easy<br>4-6 Miles<br>Hills/ Short Int 5-6 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy | 14<br>Cross Train Or Easy<br>Cross Train Or Easy<br>3-4 Miles<br>3-4 Miles<br>Cross Train Or Easy<br>Cross Train Or Easy<br>4-5 Miles<br>4-5 Miles |
| Easy<br>Easy<br>4-5 Miles<br>Easy<br>Easy<br>4-6 Miles<br>Off<br>Off                  | 16<br>Off<br>Off<br>3-4 Miles<br>4-6 Miles<br>2-3 Miles<br>Easy<br>3-4 Miles<br>4-6 Miles                 | 17<br>17 | 18<br>3-4 Miles<br>4-6 Miles<br>Off<br>Off<br>3-4 Miles<br>3-4 Miles<br>Easy<br>Easy | 19<br>Easy<br>Easy<br>3-4 Miles<br>4-6 Miles<br>Off<br>Off<br>3-4 Miles<br>3-4 Miles | 20<br>3-4 Miles<br>3-4 Miles<br>Easy<br>Easy<br>2-3 Miles<br>3-4 Miles<br>Easy<br>Easy  | 21<br>Easy Or Off<br>Easy Or Off<br>Easy Or Off<br>Easy Or Off<br>Easy Or Off<br>Easy Or Off<br>Easy Or Off<br>Easy Or Off                         |
|   |   |          |  |  |   | <br><b>RACE DAY!</b>  |

# YOU DID IT!

YOUR HARD WORK HAS PAID OFF; KEEP IT UP!

- KEY**
- **MON. GTF**
  - **WED. GTF**
  - **MON. TG**
  - **WED. TG**
  - **TUES. GTF**
  - **THURS. GTF**
  - **TUES. TG**
  - **THURS. TG**

**Specified number of minutes:** These are your homework assignments. Your pace is not assigned, so go by how you feel on that particular day.

**Easy:** These are days you don't worry about your pace at all; just get moving. Go for an easy run/walk of no more than 20 minutes.

## VOUCHER RACES

- August 6** Great Pizza Challenge
- August 16** Montrose Blueberry Festival Road Race

**Cross train or easy:** These are days where you are encouraged to be physically active in some way. You can go for a short run/walk, swim, bike, strength train, or scan the QR code on the first page for a selection of cross training workouts.

# IMPORTANT DATES

**TRAINING PROGRAM KICK OFF**

**MAY 5, 2026**

**RAILRUN 5K**

**JUNE 7, 2026**

**MARTI AUSTIN KIDS' CLASSIC**

**AUGUST 15, 2026**

**EXPO OPENS**

**AUGUST 20, 2026**

**30 YEAR CLUB CELEBRATION**

**AUGUST 20, 2026**

**HAP CRIM FESTIVAL OF RACES**

**AUGUST 21 - 22, 2026**

## VOUCHER RACE DATES

**MAY 16 | Healing Hands**

**MAY 16 | Flip Flop 5K**

**MAY 23 | Clio Can Do - Freedom 4 Vets**

**MAY 28 | Swartz Creek Challenge 5k**

**JUNE 10 | Flushing Evening Road Race**

**JUNE 13 | Walk, Run or Roll 5K**

**JULY 9 | Scoop de' Loop**

**JULY 11 | Bastille Day Race**

**JULY 18 | Clio Can Do 5K**

**JULY 23 | London Strong "Set Your Dreams" 5K**

**JULY 29 | Bauman's Charity Race**


**AUGUST 6 | Great Pizza Challenge**

**AUGUST 16 | Montrose Blueberry Festival Road Race**



**origami**  
REHABILITATION

# Unfold Your Greatest Potential.

 Your trusted rehabilitation partner.



## Comprehensive Care Under One Roof:



**Physical Therapy**



**Occupational Therapy**



**Speech-Language Pathology**



**Mental Health Services**

## Who We Are

Origami Rehabilitation is a CARF accredited 501(c)(3) nonprofit organization. Origami provides comprehensive rehabilitation for children and adults with neurological, developmental, mental health, and orthopedic conditions through their residential and outpatient programs.

## For Runners & Active Individuals:

- ✓ Athletic Performance Optimization
- ✓ Concussion Care
- ✓ Pelvic Health
- ✓ Sports Injury Rehabilitation
- ✓ Sports Vision Training
- ✓ Vestibular & Balance Therapy

**Personalized, one-on-one care with licensed clinicians.  
Schedule An Appointment Today.**



[OrigamiRehab.org](https://www.OrigamiRehab.org)



517-336-6060



[Info@OrigamiRehab.org](mailto:Info@OrigamiRehab.org)



Proudly serving individuals across Michigan in Grand Blanc, Lansing, and Mason.