

# Run to the Rapids

Benefiting ALS (Lou Gehrig's Disease) Research

**SATURDAY, APRIL 29, 2023**

## DIRECTIONS TO THE RACE

US. 24 to the St. Route 295, exit #57, (Grand Rapids/Whitehouse Exit). Follow State Route 295 south into Grand Rapids (after crossing the river). Go straight over the railroad tracks until you get to Rita's Dairy Bar, (one of our sponsors) and the park is on your right behind the store. Free parking is available farther down the street at the municipal lot or at Mary Jane Thurston Park - look for the signs. Please do not park in the alleys.

## OUR TOWN

The town of Gilead, (what is today's Grand Rapids) was plotted in 1833. In 1838, Irish and German immigrants began digging the Miami and Erie Canal to create an important water link for transportation and commerce. The first dam at the rapids was built to provide water for the canal town and a side cut (the part of the canal system that you run along during the race) was provided for Gilead. Gilead's name was changed to Grand Rapids in 1868. The coming of the railroads (including The Toledo, St. Louis and Western Railroad, often abbreviated TStL&W and commonly known as the Clover Leaf, whose railroad tracks you run over) spelled the end of the need for the canal system. There was not much canal traffic after 1910, but some boats traveled the canal until the early 1930's. The canal system had a series of locks. Ours was lock No. 9. Some work was done on this side cut portion of the canal during the WPA and the CCC days of the depression years of the 30's. One project was the building of Bluebell Island, the site of our finish line. Across the river, the Toledo Metroparks have restored the local part of the main section of the Miami and Erie Canal, while the Grand Rapids side cut and Bluebell Island make an interesting backdrop to Grand Rapids' historic downtown. After the race, we invite you to take a stroll through downtown, and if you didn't get enough ice cream and scones at the race, take in one of our great restaurants or visit our quaint shops.

## OUR COURSE

Our course has something for everyone! Starting out in downtown, we take you on a tour of historic Grand Rapids, down Front Street, up the hill to the neighborhoods, out past the railroad tracks, then back into town to run both sides of the tow path on the former canal, finishing right alongside the Maumee River. "You even climb stairs and a bridge!" We don't want you to miss anything!

## OUR TREATS

You will be rewarded at the finish with Donuts, Muffins and Soft Scones and Cookies. We will have Hot Chocolate if it is cold and cold refreshments for a warm early spring day. Plus if you run really, really fast, you just might win some ice cream. Not fast? That's okay, just bring some money for ice cream at Rita's Dairy Bar right by the finish line. There is nothing like ice cream to make you feel better after a run, providing there is no snow! In April!

Early packet pickup at Washer's Laundromat, 24035 Third Street

Grand Rapids, Ohio on Thursday, April 27, from 5:00 PM. till 7 PM.

Or on Friday, April 28, from 10 AM till 2 PM or

