



MC200 Relay

Midwestern Hospitality at its Best!

We have arranged for a variety of amenities on the course. Individuals and Community Organizations from across the Madison-Milwaukee-Chicago corridor have volunteered their time, effort and in some cases, their facilities, to make your race pleasant, comfortable, organized and safe. Several of these Organizations will be serving fresh, delicious food at very affordable prices at strategic locations along the course. There, you will be able to take a break, relax, and enjoy the company of your fellow runners. We encourage you to patronize and support these great Organizations, as without their assistance we could not hold this race.

Below is a breakdown of the amenities that will be available along the course:

TA #	Location	TA Hours	Amenities	Volunteer Group
TA11	Dousman	1600 – 2200	Fruit Smoothies	The Bike Doctor
TA12	Wales	1700 – 2300	Hot and Cold Food	Boy Scout Troop #135
TA14	Waukesha	1800 – 2400	Showers	Carroll University
TA18	Greendale	2100 – 0200	Hot & Cold Food, Showers, Rest Area	Martin Luther High School
TA24	Racine	0200 – 0700	Hot & Cold Food, Rest Area	St. Andrew Lutheran Church
TA27	Kenosha	0500 – 1000	Pancakes, Coffee & Juice	Kenosha Running Club
TA31	Waukegan	0700 – 1300	Coffee & Pastries, Showers	Northern Lake YMCA
TA36	Chicago	1000 – 1900	Food, Bathrooms, Showers	Madison-Chicago 200

TA 12-----WALES COMMUNITY PARK GIRL SCOUTS

Bratwurst - \$3

Grilled Chicken Sandwich - \$4

Hamburgers - \$3

Sub Sandwich - \$3

(Turkey or Ham with Cheese, Tomato & Lettuce)

Pasta Salad - \$2

Bag of Chips - .50

Large Monster Cookies - \$1.25

(Peanut Butter/Oatmeal/Chocolate Chip)



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Can of Soda - \$1

Bottle of Fiji Water - \$1

Gatorade - \$1.50

Coffee - .75

Mustard, Ketchup, Mayonnaise, & Onions will be available.

TA 18 ----MARTIN LUTHER HIGH SCHOOL **SPARTAN ATHLETIC CLUB**

Water \$1.00

Gatorade \$1.50

Arizona Ice Tea \$1.50

Coffee \$1.00

Soda \$0.75

Muffins \$1.00

Ritz Combos \$0.75

Animal Crackers \$0.75

Cracker Jacks \$0.75

Cookies \$0.75

Candy \$0.75

Mini Pretzel \$0.50

Bagel w/cream \$1.25

Yogurt \$1.00

FRUIT

Orange \$1.00

Banana \$1.00

Low Fat Chewy \$0.50

Granola Bar

Nature Valley \$0.75



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Granola Bar

Oatmeal to Go Bar \$0.75

Hamburger \$2.00

W/cheese sauce \$2.50

Ball Park Hot Dog \$1.50

Pasta Bowl with \$1.50

Marinara Sauce

Pasta Plate with \$2.50

Marinara Sauce

Pasta Plate with \$3.50

Marinara Sauce

and 3 meatballs

Nachos with cheese \$1.75

TA24--ST. ANDREW LUTHERAN CHURCH, RACINE, WI

Pizza

Hot Dogs

Soup

Bagels

A Variety of Baked Goods

Fruit Selections

Water

Gatorade

And ~ St. Andrew's Homemade Kringle

– an MC200 Tradition that is not to be missed!

No price list: We encourage donations to St. Andrew Lutheran Church

~ The only place where you will be more comfortable is home.....



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TA27-PENNOYER PARK – KENOSHA RUNNERS CLUB

Plain Pancakes

Blueberry Pancakes

Strawberry Pancakes

Chocolate Pancakes

Hot Coffee

Ocean Spray Cranberry Juice

All Items are \$1.00!!! Best Breakfast deal in Wisconsin!

And all proceeds are donated to Special Olympics!

TA31-NORTHERN LAKE YMCA

Coffee and doughnuts