



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
TA09	Helenville	1400 – 2100	Energy Drink - Granola	Helenville Fire Department
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
TA16	West Allis	2000-0100	Energy Drinks and light snacks	CC - Team Challenge
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
TA30	Zion	0600 – 1200	Massages	AthletiCo
TA31	Waukegan	0700 – 1300	Coffee & Pastries, Showers	Northern Lake YMCA
TA35	Evanston	1000 – 1700	Kate's Homemade Cookies	Evanston Runners Club
TA36	Chicago	1000 – 1900	Food, Bathrooms, Showers, Massages	Madison-Chicago 200

Food Menus are as follows:

TA09-HELENVILLE FIRE DEPARTMENT

Energy Drink and Granola Bars

TA11-DOUSMAN BICYCLE DOCTOR

A Variety of Fruit Smoothies in the Bicycle Doctor Cafe

TA12-WALES BICYCLE TRAIL DEPOT – WALES BOY SCOUT TROOP 135:

Bratwurst	\$3.00
Grilled Chicken Sandwich	\$4.00
Sub-Sandwich	\$4.00
- Turkey or Ham with Cheese, Tomato & Lettuce	
Pasta Salad	\$2.00
Bag of Chips	\$0.50
Monster Cookies	\$1.00
- Peanut Butter/Oatmeal/Chocolate Chip	
Can of Soda	\$1.00
Bottle of Water	\$1.00
Gatorade	\$1.50



MADISON-CHICAGO 200

---- 200-MILE RELAY RACE ----

WWW.MC200.COM

June 12 – 13 2009

TA16-MILWAUKEE MILE STADIUM – CROHN’S & COLITIS FOUNDATION

Meet “*Team Challenge*” at the Milwaukee Mile. Find out more about their half-marathon training programs, and enjoy some drinks and lights snacks geared toward the long-distance runner.

TA18-MARTIN LUTHER HIGH SCHOOL – HOME OF THE SPARTANS!

THE SPARTAN ATHLETIC CLUB PRESENTS:

Food Selections

Hamburger	\$2.00
- with cheese sauce:	\$2.50
Ball Park Hot Dog	\$1.50
Pasta Bowl with Marinara Sauce	\$1.50
Pasta Plate with Marinara Sauce	\$2.50
Pasta Plate with Marinara Sauce and 3 meatballs	\$3.00
Nachos with cheese	\$1.50

Beverage Selections

Water	\$1.00
Gatorade	\$1.50
Green Tea	\$1.50
Arizona Ice Tea	\$1.50
Coffee	\$1.00
Soda	\$0.75
Hot Tea	\$0.75

Other Items

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 Granola Bar	\$0.50
Nature Valley Granola Bar	\$0.75
Oatmeal to Go Bar	\$0.75



MADISON-CHICAGO 200
---- 200-MILE RELAY RACE ----
WWW.MC200.COM

June 12 – 13 2009

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.....*

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

TA35-NORTHWESTERN UNIVERSITY CAMPUS – EVANSTON RUNNERS CLUB

Kate's Homemade Cookies
- Yes - Another MC200 Tradition

TA37- Well... there is no TA37, but if there were, it would be at THE SPOT:

4437 N. Broadway, Chicago, IL 773-728-8934

Just north of the northeast corner of Montrose and Broadway

Bring your MC200 Bib – and The Spot will have beer specials for MC200 participants. Share your war stories with your old and new friends over a cold one at the closest bar to the MC200 Finish Line – exactly one mile straight west - and enjoy the hospitality of The Spot – the North Side's home of the Packers!