



Mud, Grass, Water and Tunes: All in a Day's Run at the First-Ever Rock the World Race

5K Trail Obstacle Race and Live Music Festival Comes to Lansing

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LANSING-----Registration is now open for the first-ever Rock the World obstacle race and music festival, taking place June 30 and July 1, 2012 at Fitzgerald Park in Grand Ledge.

Rock the World is a family-friendly 3.1 mile (5K) trail course laced with at least 12 different obstacles and plenty of mud, dirt and hills to satisfy even intense athletes. The course is situated entirely among Fitzgerald Park's scenic trails, home to some of the most well-known natural rock formations in the state.

"This is a race not just for runners, but for lots of people enjoy," said Matt Dykstra, co-founder of Rock the World with his wife, Leesa. "We want to encourage families to get active together. Local bands will be on-stage all day keeping the party going. Food vendors and a beer tent will be also available to refuel after the race. We want everyone to come out, do something positive and have a great time."

Race participants will receive a runner's bag with a moisture wicking shirt, finisher's medal, access to the virtual race bag with vendor coupons and more. Prizes will be drawn during both days of the race, and trophies will be awarded to the top male and female finishers in each age group, from age 14 and up. The best costume will take home a prize, as well.

"Rock the World is also proud to be partnering with Medals4Mettle for this race," Dykstra continued. "Medals4Mettle is a nonprofit that donates medals to gift to kids in the hospital to boost their morale." Rock the World will be accepting medals on the day of the race to donate to this charity.

Early registration (by February 29, first 100 will receive \$10 off) is \$57 for the race entry and \$10 for concert entry. Discounted hotel rooms will be available on a first-come, first-served basis at several Lansing-area hotels. Everyone must sign a waiver form in order to compete in the Rock the World race. Participants must be at least 14 years old on race day, and anyone under 18 will need to have a parent or guardian present at check-in to sign the waiver form.

Please visit www.rocktheworldrace.com to register, for more information and for announcements of participating bands, vendors and hotels leading up to the event.



An overview map of Fitzgerald Park

