

## Payment Information

**Make check out to:**  
Missouri River Runners

**Send check and registration to:**  
Missouri River Runners  
Attn: Broken Toe Run  
P.O. Box 1582  
Sioux City, Iowa 51102

For online registration visit [www.missouririverrunners.com](http://www.missouririverrunners.com)

### Registration

Name \_\_\_\_\_

E-mail \_\_\_\_\_

Home address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_ Age on race day\* \_\_\_\_\_

\*under 18 on day of race require parental signature

Sex:  M  F Long Sleeve Shirt size:  S  M  L  XL

Performance Shirt size:  XS  S  M  L  XL

*\*Note: Performance shirt runs a size bigger than regular cotton shirts. (Example: If you typically wear a medium size t-shirt, you will want to order a size small performance shirt.)*

### Registration Fees:

	<input type="checkbox"/> Run	<input type="checkbox"/> Walk
Before Sept. 27	\$20	\$15
After Sept. 27	\$25	\$20
Performance Shirt	\$25	\$20

***Payment for performance shirt must be received by Sept. 27, 2010.***

***\*MRR Members before Sept. 27 – Run \$18, Walk \$13***

***\*MRR Performance Shirt runners before Sept. 27 – Run \$23, Walk \$18***

Waiver: I know that running (racing) and walking on trails is a potentially hazardous activity. I know that I should not enter and run or walk unless I am medically able and properly trained. Knowing these facts, and in consideration of you accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive and release and discharge any and all race sponsors, race officials, volunteers, including any and all of their agents, employees, assigned, or anyone acting in their behalf, from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of the course of my participation in this event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen, known, or unknown. Applications for minors accepted only with a parent or guardian's signature.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

Saturday, October 9, 2010



Four-mile run or two-mile walk in Stone Park for individuals & families to promote health, fitness and appreciation of natural resources in Siouxland



**Organized by:**  
Missouri River Runners | Morningside College | Friends of Stone Park

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## General Information

### Trail Running

We aren't really expecting any broken toes. Broken Toe is the name of one of the trails in Stone Park included in the course. However, there are plenty of roots and other obstacles on the course that could catch your toe if you don't have your wits about you. It's this mental challenge, in addition to the physical demands of the topography and natural beauty of the woods, which makes trail running so exhilarating.

### The Course

The running course will be about 4 miles (the same as last year). Walkers will follow the same route, except there will be a clearly marked alternate for walkers not wanting to trek the full 4 miles. This will be about a 2-mile course. Runners may not take this route.

### Parking

There are limited parking spots in close proximity to the start/finish line. Please plan to arrive a little early. There will be volunteers directing you to the nearest parking area. In the interest of safety, please do not park along the road between the trailhead and Pammel Valley. See the parking map at [www.missouririverrunners.com](http://www.missouririverrunners.com)

## Schedule

9:00 AM	Registration /Check-in Stone Park Pammel Valley Picnic area
10:00 AM	Race/Walk Starts
11:15 AM	Awards Ceremony

\*Routes will be announced the day of the race.

## Awards

There will be awards for the speedy and random drawings for the lucky. We will present awards for male and female overall winners and winners in 5-year age brackets.

All participants registered before October 7th will receive an event long-sleeved shirt. We will have a limited supply of long-sleeved shirts on-hand the day of the event for on-site registration.

## Additional Information

### Weather

In the event of heavy rain, the race will be held on paved surfaces within the park.

### Credits and Additional Information

Special thanks to Kevin Pape, Stone Park Ranger. Also special thanks to Morningside College for their generosity and continued support. Any proceeds from the race will benefit the Friends of Stone Park for park improvement.

### Friends of Stone Park— Mission Statement

To enhance recreational opportunities and natural resources of Stone State Park by increasing public awareness, raising funds, and volunteering their time.

### Packet Pickup

Packet pickup will be at Peak Performance on Friday, Oct. 8 from 10am–5pm. Packet also available at race site on day of event.

Each participant will receive one capsule of CH Alpha Joint Protection Formula.

For additional information, please contact either Brent Copple at 712.204.7609/[brentcopple@hotmail.com](mailto:brentcopple@hotmail.com) or Zach Chwirka at 712.899.7658/[zchwirka@sioux-city.org](mailto:zchwirka@sioux-city.org).