

Saturday, October 1st, 2011

Payment Information:

Send check and registration to:

Friends of Stone Park c/o Zac Chwirka
Attn: Broken Toe Run / Walk
6550 Talbot Road
Sioux City, Iowa 51103

Make checks payable to: Friends of Stone Park

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 shirts run a size smaller than regular cottons horts. (Example: If you typically wear a medium size t-shirt, you will want to order a size smaller 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. 16th, 2011

*MMR Members before Sept. 16th—Run \$18, Walk \$13

*MRR Performance shirt runners before Sept. 16th—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 extend 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 _____



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



General Information:

Trail Running

Broken Toe is the name of one of the trails at Stone State Park which is included in the course. 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 route for walkers not wanting to go the full 4 miles. The alternate route will be about a 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. Please do not park along the road unless you are completely on the shoulder area. See a map at www.missouririverrunners.com

Schedule

9:00 A.M. Registration/Check-in Stone Park
Pammel Valley Picnic area

10:00 A.M. Race/Walk Starts

11:15 A.M. Awards Ceremony and
Refreshments served

*Routes will be announced the day of the race.

**Broken Toe
Run/Walk
Saturday,
October 1, 2011**



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 registering before Sept. 16th will receive a long sleeved shirt. We will have a **limited** supply of shirts on hand the day of the race for on-site registrations.

Additional Information:

Weather

In the event of heavy rain, the race will take place on paved surfaces within the park.

Friends of Stone Park

The mission statement of the Friends of Stone Park is to enhance recreational opportunities and natural resources of Stone State Park by increasing public awareness, raising funds, and volunteering their time. Check them out at: <http://friendsofstonepark.blogspot.com>

Packet Pickup

Packet pickup will be available on Friday, Sept. 30th, 2011 from 10 a.m. until 4 p.m. at Peak Performance.

For additional information, please contact Zac Chwirka at 712-899-7658/zchwirka@gmail.com or Chris Chwirka at 712-899-7652/garth9731@gmail.com.