

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

Please visit www.active.com/event_detail.cfm?event_id=1620498 to register online.

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

Registration Fees:

	<input type="checkbox"/> Run	<input type="checkbox"/> Walk
Before Sept. 21	\$20	\$15
After Sept. 21	\$25	\$20

*MRR Members before Sept. 21 – Run \$18, Walk \$13

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 _____



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

Brought to you by:



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.

Past Success

Thanks to all the volunteers, walkers, runners and sponsors for making last year such a great success. In 2007 we had 106 participants and over 20 volunteers. Our 2006 event had 71 participants and 15 volunteers.

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

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 September 30 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 and the Department of Natural Resources. 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. 3 from 10am–5pm.

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

For additional information, please call Brent Copple at 712.204.7609 or brentcopp@hotmai.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.