

Race sponsored by:



Chesterman Co.



Race Managed by:



www.missouririverrunners.com

712-943-5878

MISSOURI RIVER RUNNERS
P.O. BOX 1582
SIOUX CITY, IA 51102

2010



plus...

1K Fun Run and
Toddler Trot!



Registration

Race day registration and packet pick-up will begin at 9:00a.m. inside Four Seasons Health Club, located at 1600 7th Street.

Start

The 1 kilometer race will start at 10:00 a.m. outside of Four Seasons. The 5K will begin at 10:15 a.m. in front of Four Seasons Health Club. The Toddler Trot will be held inside Four Seasons prior to the awards ceremony at approximately 10:45 a.m. **No childcare will be available before or during race.**

Directions/Parking

From I-29, take the Stockyards Exit #147A and head north over the viaduct to 4th Street and take a right, followed by a left on Hoeven Street. Head two blocks north and Four Seasons health Club will be on your left. Ample parking is available.

Course

The accurate course is out and back on the flat, paved Floyd River Trail. Each mile will be marked and water will be available on the course.

Entry Fees

- \$5 for Toddler Trot and 1K
 - **For 5K**
 - \$20 if postmarked by October 25th, 2010 (\$1 discount to MRR members)
 - \$25 (for everyone) after October 25th, 2010
- Make checks payable to:
Missouri River Runners

Post-Race

Refreshments will be provided following all of the events. Help celebrate the 15th Anniversary of Missouri River Runners' first racing event!

Shower facilities will be available at Four Seasons Health Club. Bring your own towels. No childcare is available.

Awards

Overall male and female winners and overall Masters male and female winners in the 5K will receive cash awards. Top 3 male and female finishers in the following age groups will also receive an award.

AGE GROUPS:

- ... 14& Under
- ... 15-19
- ... 20-24
- ... 25-29
- ... 30-34
- ... 35-39
- ... 40-44
- ... 45-49
- ... 50-54
- ... 55-59
- ... 60 -64
- ... 65-69
- ... 70 & over



Registration

All pre-registered 5K runners will receive specially-designed long sleeved T-shirts. (Shirts cannot be guaranteed for registrations received after October 25th)

Registration is encouraged at
www.allsportcentral.com

More Information:
Contact Randy Yockey at 712-943-5878 or
Stacy Shrunk at 712-251-6702

Coca Cola Classic Entry Form

Name: _____

Address: _____

Phone: _____

Age (on race day): _____ Male Female

5K 1K Toddler Trot

Shirt Size (circle one): S M L XL XXL (add\$3)

Make checks payable to: Missouri River Runners
P.O. Box 1582
Sioux City, Iowa 51102

In consideration of the acceptance of my entry, I for myself, my executors and assignees, do release and discharge Chesterman Co., Catalyst Solutions, Samuelson Bone, Joint & Spine Center, Wells Fargo, Four Seasons Health Club and Missouri River Runners from all claims of damages, actions and causes of action, whatsoever in any manner arising or growing out of my participation in said athletic event. I hereby attest that I am physically fit and able to participate in the Coca Cola Classic 5K, 1K or Toddler Trot.

Signature (Parent or guardian signature required if 18 or under)
Online Registration: www.allsportrunning.com. Link can be found on Missouri River Runners website:
www.missouririverrunners.com