

S.T.A.R.S.

S.T.A.R.S., Inc. (Special Troopers Adaptive Riding School, Inc.) changes the lives of persons with physical, cognitive and emotional disabilities everyday. Through the use of therapeutic horseback riding, canine services and assorted animal assisted activities, S.T.A.R.S. brings real and tangible results to these deserving individuals in a unique, inspiring and "non-therapeutic" setting.

Mission:

The purpose of the Special Troopers Adaptive Riding School, Inc. is to provide persons with disabilities with an animal-oriented therapeutic, rehabilitative and recreational program that will contribute to their physical and emotional health.

Missouri River Runners
PO Box 1582
Sioux City IA 51102

Gill's Hills

8K or 3K walk/run
Waterbury NE

October 16, 2010



100% of money raised benefits
S.T.A.R.S.

www.scstars.org

The S.T.A.R.S. program is committed to reaching beyond the ordinary...everyday!

Race

8k walk/run in the hills, 3k walk/run on flat land for the “hill challenged”. Both start at 9:30am near the Buzzsaw Bar in downtown Waterbury NE. Registration opens at 8:00am.

Directions

From Sioux City – Take Hwy 20 West to Waterbury turn off (Spur 26A), take the spur into Waterbury – turn right at the only stop sign on that road & drive ½ block to the Buzzsaw Bar. Contact Jean for other directions.

Course

Both courses will initially head south out of Waterbury. The 8K course will take the first left & head into the hills (they’re really not that bad), the 3K course will continue south. Both courses are out & back on gravel roads. Each mile will be marked & water will be available on the course.

Entry Fees

8K & 3K – If postmarked by 9/27/10: \$20.00. Late registration beginning 9/28/10: \$30.00. Missouri River Runners deduct \$2.00 from entry fee.

Registration

Make checks payable to: **S.T.A.R.S.** Send check & completed entry form to:

GILL’S HILLS
c/o MRR
PO Box 1582
Sioux City IA 51102

All Proceeds Stay Here

The proceeds (100%) from this race will go directly to S.T.A.R.S. to help insulate the barn & indoor arena. This will enhance the winter programs & help to make them more consistent, comfortable & therapeutic. S.T.A.R.S. is a grass-root non-profit organization that relies on donations & fundraising to survive & continue to offer the awesome programs that it has. For more information on the S.T.A.R.S. program go to www.scstars.org or call 239-5042. Better yet – come out for a tour & watch a class, you will be amazed at what S.T.A.R.S. has to offer!

Post Race Celebration

Food will be provided to all entered race participants. The theme for the race this year is “Blood Sweat & Beers” – you know you will most likely sweat, hopefully you won’t have any blood & if you would like to celebrate surviving the hills with a beer (or pop/water), the Buzzsaw is the place to be for the post race party!

Awards

Tired of doing races that only give out awards to the fastest people? Well then this race is for you! The awards will be unique & memorable. They will remain a secret (even from me!) until race day. You will have to come to the race to find out what we have for you!

For More Information

www.missouririverrunners.com
Phone Jean Gill at 402-638-2301
E-mail: jrgill@nntc.net

2010 GILL’S HILLS Entry Form

Name _____
 First **M.I.** **Last**

Address _____

City _____ State _____

Phone _____ E-mail _____
Age (on race day) _____ Male ___ Female ___

_____ **8K Early Entry Fee - \$20 (by 9/27/10)**
_____ **3K Early Entry Fee - \$20 (by 9/27/10)**
_____ **MRR member (deduct \$2)**
_____ **Size (circle one): S M L XL XXL-(add \$2 for XXL)**
_____ **Additional donation (100% tax deductible):** _____

_____ **Late Entry 8K \$30 (after 9/28/10 not guaranteed a shirt)**

_____ **Late Entry 3K \$30 (after 9/28/10 not guaranteed a shirt)**

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in the event included, but not limited to: falls, contact with other participants or animals, the effects of weather, traffic and the condition of the road/trail, all such risks being known and appreciated by me. I have read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone acting on my behalf, waive and release Missouri River Runners , S.T.A.R.S. Inc., all sponsors, or anyone connected with this event or their heirs, executors, administrators, successors, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver.

Signature _____ Date _____

Parent or guardian signature required if 18 or under