

Lost Nation's 23rd Annual



Saturday July 18, 2009

One Mile 7:40 a.m.

Four Mile 8:00 a.m.

Register Online at
www.rusticrun.com

The Rustic Run is dedicated to former race director Ken Marshall

Unique Age Groups & Awards

ONE MILE DIVISIONS AND AWARDS

Male & Female

0-6 (3)	15-18 (3)
7-10 (3)	19-39 (3)
11-14 (3)	40+ (3)

Trophies to the overall winners. Custom Rustic Run water bottles to the adult division qualifiers. Medals will be awarded to the youth qualifiers. Award winners must finish on their own feet (no stroller winners please).

FOUR MILE DIVISION & AWARDS

Male & Female

0-18 (3)	34-39 (3)
19-26 (3)	40-49 (3)
27-33 (3)	50-59 (3)
	60+ (3)

Trophies and other custom awards to the overall winners. Custom Rustic Run water bottles to all divisional places. First male and female finishers from Lost Nation area are recognized.

PRIZE MONEY

\$540 in total prize money!

The top male and female finishers in the four mile will receive prize money. **Current high school or college athletes are not eligible for prize money.**

Male & Female

1st \$80	3rd \$50
2nd \$60	4th \$40
Masters \$40	

REGISTRATION

Four Mile Race..... \$14.00 (Postmark on or
One Mile Race..... \$9.00 before 7/08/09)

Four Mile Race..... \$17.00 (Postmark after
One Mile Race..... \$12.00 7/08/09 or race day)

Four Mile Race..... \$8.00 (No Shirt)
One Mile Race..... \$5.00 (No Shirt)

Race day registration and packet pick-up from 6:30 to 7:30 a.m. Race day registrants shirt availability & selection subject to quantity on hand. Any unclaimed shirts will be forfeited without refund. All participants will receive post-race refreshments. Please specify if you would like results emailed or mailed to you.

(Please print clearly)

Last Name _____ First Name _____ M.I. _____ Age on Race Day _____ Sex _____

Street Address _____ Phone (____) _____

City _____ State _____ Zip _____ Event (Please Circle) 4 Mile 1 Mile

Email _____ Prize Money (Please Circle) Ineligible Eligible

Shirt Size: Adult S M L XL XXL Children 6-8 10-12 No Shirt Results (Please Circle) Email U.S. Postal Service None

WAIVER OF RELEASE

In consideration of acceptance of this entry, I intending to be legally bound, hereby, for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter accrue against the officials of the Rustic Run, the City of Lost Nation, the Lost Nation Booster Club, the Lost Nation Park Board, and any other sponsors or contributors for any and all accidents or injuries incurred at this event or while traveling to and from this event. I further certify that my level of training and fitness is adequate to compete in the event I have entered.

Make checks payable to:

RUSTIC RUN

(All entries are non-refundable.)

Mail to:

Rustic Run

P.O. Box 394

Lost Nation, IA 52254-0394

Signed (Entrant) _____ Date _____

Signature of parent or legal guardian is required for any participant under the age of 18

Signed (Parent or Guardian) _____

For more information contact:

Mitch Rutenbeck

mitch@rusticrun.com

319-551-0582

Rustic Run
P.O. Box 394
Lost Nation, IA 52254-0394

Contact Information:

www.rusticrun.com
Mitch Rutenbeck
319-551-0582
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Lost Nation is
located on Hwy. 136

Distance from:
Cedar Rapids - 50 miles
Clinton - 40 miles
Davenport - 40 miles
Dubuque - 45 miles
Iowa City - 55 miles
Muscatine - 50 miles

A big **THANKS** to our sponsors:

Lost Nation Business Assoc.
CO River Animal Hospital-Stuart Proesch; DVM
City of Lost Nation

A special **THANKS** for contributing
products to our run:

G. Baker Distributing, INC
Swiss Valley Farms, INC
Lost Nation-Elwood Telephone Co.
Tri Stop

Lost Nation's Rustic Run is a good tune up for The Quad-City Times Bix 7 mile road race according to Phil Coppess, America's fastest marathoner in 1985, "That course has a lot of hills and gets you ready."
-Quad City Times July 1990

"It's (Rustic Run) a good tune-up for the Bix"
-Muriel Naumann, Eastern Iowa Running Legend
Maquoketa Sentinel July 1997

Both courses start and finish at Rustic Park in Lost Nation. The four mile is a loop of pavement and gravel with some challenging hills. The one mile course is entirely in town. Splits will be given each mile. Water and aid are located along both courses and at the finish.

