

Lost Nation's 25th Annual



Saturday July 16, 2011

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. 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 before 7/09/11)
One Mile Race..... \$9.00

Four Mile Race..... \$17.00 (Postmark after 7/09/11 or race day)
One Mile Race..... \$12.00

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:

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319-551-0582

