

# 2013 Dubuque Adventure Race & Kids Fun Run

## When:

- Saturday, November 9

## Where:

- Swiss Valley Nature Center Parking Lot

## Races:

- One loop race (4-5 miles)
- Two loop race (8-10 miles)
- Kids loop (approximately ½ mile)

## Times:

- 8:00 AM Packet pick up and registration
- 8:40 AM Kids Race
- 9:00 Race begins

## Registration (\$25.00) Kids Race (\$10.00)

- Postmarked: Monday, October 28

## Late Registration (\$35.00)

- Postmarked after October 28 & Race Day
- Race day registration will be from 8:00- 8:40AM. For athletes under the age of 18, please bring a completed entry form with the parental signature on the waiver portion, or have a parent attend and sign waiver on-site.

## Course Description:

The course will consist of some technical trail running, hills, and stream crossings using current trails and DNR access roads. Kids Fun Run will be ran on the Woodland Ecology Trail and will have one stream crossing or the option of using the bridge. Registration, post race refreshments, and awards will be held in the Nature Center conference room.

## Divisions

- Male & Female:  
18 & Under, 19-29, 30-39, 40-49, 50-59, 60&Over

## Awards for one loop & 2 loop races

- Overall male and female winners will receive a \$50 Shoe Shack gift certificate
- Prizes for 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> in each age division

## Registration:

- To register fill out the entry form on the back and mail to address listed or go to [www.getmeregistered.com](http://www.getmeregistered.com)
- Race day registration and packet pick up will be located inside the Nature Center conference room

## Thanks to our Sponsors:

Dubuque Physical Therapy



Dubuque  
Physical  
Therapy

Catfish Creek Watershed



Shoe Shack



Dubuque County DNR



Pooh's Corner Children Center

# ENTRY FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (    ) \_\_\_\_\_

E-Mail: \_\_\_\_\_

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_    Age: \_\_\_\_\_  
                  MM    DD    YY

## Please Circle

Sex:    Male    Female

Age:    18 and younger    19-29    20-39    40-49    50-59    60+

Race:    1 loop    2 loop    Kids race

T-shirt (Adult sizes):    S    M    L    XL    XXL(add \$2.00)

**Race Shirts are NOT guaranteed to same day registrants.**

## WAIVER:

In consideration of the foregoing, I, for myself, my heirs, my executors, administrators, and assignees, do hereby waive and release any and all rights and claims for damages I have against the The Dubuque Adventure Race, its officers, directors, agents, and volunteers, Dubuque Physical Therapy, Pooh' s Corner Children Center, City of Dubuque, and any and all participating supporters for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participation in said race known as The Dubuque Adventure Race. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ (Required if under 18 years of age)

Registration (before Oct 28th) \$ \_\_\_\_\_

(after Oct 28th) \$ \_\_\_\_\_

XXL T-Shirt (\$2.00) \$ \_\_\_\_\_

=====

Total \$ \_\_\_\_\_

Office use

Amount Rcvd \$ \_\_\_\_\_ Date: \_\_\_\_\_

### Please make checks payable to:

Dubuque Physical Therapy Adventure Race

Mail entry to: Dubuque Physical Therapy

c/o Alyssa

1705 Delhi St lower level

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