



Long Haul in Your Long Johns



When: Saturday March 13th 2010

Time: 8:30 a.m.

If you choose to do the _ you will need a ride to pick you up in Carlisle, please make arrangements.

If you choose to **bike** back you will need to get your bike to Carlisle for the transition.

Location: Far South Shelter House/Pickard Park -off Hwy. 92

Registration: \$35 for adults

\$20 for children 12 years and under

Deadline is March 8th 2010

Packet pick-up: Friday (6-8) Stacy Huff's House 1507 South 3rd Street Indianola Iowa (961-0981 Packets will be available at 7:45 a.m. on race day @ Shelter House/Start

Information: For questions regarding the race, call (515)371-5340 or send an email to huffs@indianola.k12.ia.us

Don't forget to wear your LONG JOHNS☺ -It's usually a COLD one!

Entry form for **Long Haul in Your Long Johns** (Feel free to make copies of this form)

Name: _____

T-Shirt Size

Address: _____

Adults (circle one): S M L XL XXL

Phone: _____ Age as of 3/13/10 _____

Youth (circle one): S M L

Email address _____

Please circle one; I am entering in the (circle one):

Female Male

Half marathon run or Half marathon bike

Estimated Finish Time _____

Full marathon bike or Full marathon Run

Half Walk or **combo** Half run Half bike

Entry fees:

Adult.....\$35

Child..... \$20

Entry fee(s) _____

Total amount enclosed _____

Mail Race entry forms and money to:

Stacy Huff
1507 South 3rd Street
Indianola, IA 50125

*Please make checks payable to: **Stacy Huff**

In consideration of your acceptance of this entry, I hereby, for myself, heirs, executors & administrators, waive any and all rights and claims for damages I may have against the run/walk, City of Indianola & individual groups associated with this event: their agents, representatives, successors & assigns for any and all injuries suffered by myself in said event. I attest & verify that I have full knowledge of the risks involved in this event & I am physically fit & sufficiently trained to participate in this event.

Date _____

Signature _____

Signature of parent/guardian, if under 18 _____

Things to know about the Race

Water stations are self serve

Race starts @ 8:30

Packet pick-up Friday 6-8 1507 South 3rd Street 371-5340

7:45 race day

Anyone not registered by Friday will not be guaranteed a race shirt

Aid boxes at each watering hole

Gu and biofreeze

Please make sure you start your watches when you cross the start and write your finishing times down at the end- on the race boards. My staff will direct traffic at the in town busy stops but out on the trail there will be other crossings so please be careful.

Mike Eihlers, Ryan Dupong, and Tom Farr will be on the course as our medics. If need be on bikes.