

## COURSE DESCRIPTIONS

5K: Loop course on entirely paved city streets | Varying elevations of Exira

10K: Loop course that heads north out of Exira on Lark Avenue (gravel) | Heads back south on Audubon County's Famed T-Bone Trail

Fun Run: Course that starts and ends on south side of the City Park and is a 1.41 mile route through the city of Exira

The 10K race will start promptly at 8:00<sup>AM</sup> with the 5K and Fun Run staggering after the 10K

All race courses will be clearly marked with painted arrows | Every mile will be posted along the race route

## AID STATIONS

Water will be provided at the 2 and 4 mile marks of the 10K | Water will be provided at the 2 mile mark of the 5K

## ELECTRONIC CHIP TIMING

Small, lightweight chip provided for all runners to record race times

## UPCOMING EVENTS

June 22: Traveling the Trail Against Cancer Duathlon | 7:30<sup>AM</sup> | Teams of 1 or 2 will bike/run T-Bone Recreational Trail from Hamlin to Brayton | Contact Abby Rasmussen at 712-249-1311 for more information

August 3: Audubon Friendship Home Foundation 5K/10K | 8:00<sup>AM</sup> | Contact Genelle Deist at 712-563-2651 for more information

**Next year's Exira Road Run will be July 5, 2014!**

**A HUGE THANK YOU** to Hallie Christofferson for t-shirt, registration form, and poster designs; our t-shirt sponsors; Audubon County Memorial Hospital and Exira Medical Clinic for chip timing; all those who help with the event. Also, thanks so much to the walkers/runners for making the event a success!

# SPIRIT OF AMERICA

**EXIRA ROAD RUN**

P.O. Box 211  
Exira, IA 50076

Non-Profit Organization  
U.S. Postage Paid  
Exira, Iowa 50076  
Permit #5  
Presorted Standard  
ECRWSS

ADDRESS SERVICE REQUESTED

EXIRA ROAD RUN | JULY 6, 2013 | EXIRA CITY PARK

**SATURDAY, JULY 6<sup>TH</sup> 8:00<sup>AM</sup>**

**EXIRA ROAD RUN**

**SPONSORED BY**



**Exira  
Medical  
Clinic**

# CELEBRATE THE 4<sup>TH</sup> OF JULY IN EXIRA

## 32<sup>ND</sup> ANNUAL Exira Fun Run/5K/10K

**DATE** Saturday, July 6, 2013

**EVENT** 1.41 mile Fun Run, 5K, 10K

**TIME** 8:00<sup>AM</sup>

**START/  
FINISH** Exira City Park

**FEE** Fun Run:  
\$10.00 for cotton T-shirt, \$15.00 for dri-fit  
5K/10K:  
\$15.00 for cotton T-shirt, \$20.00 for dri-fit

**EARLY  
PACKET  
PICK-UP** Friday, July 5 | 5:00-7:00<sup>PM</sup>  
Exira Rec Center  
(Race day registration also available)

**MORE  
INFO** For more information/registration forms contact:  
Joe Rasmussen 712-268-5357  
Katie Glade 712-250-0211  
exiraroadrun@gmail.com

Race day packet pick-up will be located at the City Park Gazebo beginning at 6:30<sup>AM</sup>

Race day registration will only take place from 6:30-7:00<sup>AM</sup>

### 10K COURSE RECORDS

Men: Dan Hostager | Audubon, IA | 33:46  
Women: Tammy Slusser | Monroe, PA | 39:30

PLEASE DO NOT MAIL AFTER JUNE 15

### DIVISIONS

#### Male/Female 5K/10K:

14 - Under  
15 - 18  
19 - 24  
25 - 29  
30 - 34  
35 - 39  
40 - 44  
45 - 49  
50 - 54 (Masters)  
55 - 59 (Masters)  
60 - Over (Masters)

#### Male/Female Fun Run:

6 - Under  
7 - 9  
10 - 12  
13 - 15  
16 - 20  
21 - 29  
30 - 39  
40 - 49  
50 - 59  
60 - Over

### AWARDS

Trophies will be awarded to the Overall Male and Female of the Fun Run, 5K and 10K races

Medals will be awarded to the first three places of each division of all three races

Participation ribbons will be awarded to all non-medal winners in the first two divisions of the Fun Run

### T-SHIRTS

Adult and youth t-shirts are provided to all paid entries | Race day registrations are not guaranteed a t-shirt

### PANCAKES! PANCAKES! PANCAKES!

A pancake breakfast fundraiser benefitting the Nishnabotna Conservation Foundation will be held the morning of the run

### CANNED FOOD


Bring canned food items to registration or packet pick-up | All collected canned goods will be donated to Caring and Sharing of Audubon County

# COME EXPERIENCE OUR SMALL TOWN SPIRIT

Enclose entry fee with this form and mail it to:  
Exira Road Run, P.O. Box 211, Exira, Iowa 50076  
Please make checks payable to Exira Road Run

**Entry Form 2013**  
Form may be photocopied

32<sup>ND</sup> ANNUAL  
**Exira Fun Run/5K/10K**

Sex	Birthdate	Age on race day	
Race Entry: (Please circle)	Fun Run/Walk	5K	10K
Adult Shirt Size:	S	M	L
Youth Shirt Size:	S	M	L
T-shirt: (Please circle)	Cotton	Dri-fit	
			
<b>ENTRY FEE</b> Fun Run: \$10.00 for cotton T-shirt, \$15.00 for dri-fit 5K/10K: \$15.00 for cotton T-shirt, \$20.00 for dri-fit			
<b>PLEASE DO NOT MAIL AFTER JUNE 15</b>			

Name (last name / first name) please print		
Address		
City	State	Zip Code
Email Address	Phone Number	
<small>By submitting this entry form, I, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive the City of Exira and any and all sponsors and their representatives, successors, and assigns from any and all rights and claims for damage I may have arising out of any injuries and illnesses suffered by me in this event, including those which may be attributable to weather conditions. I verify that I will participate in this event as a footrace entrant, that I am physically fit and have sufficient training for the completion of this event. Further, I hereby grant full permission to any and all of the foregoing to use my name and any photographs, videotapes, recordings or any other record of me participating in this event for any publicity and/or promotional purposes without obligation of liability to me. I have read the entry form and information provided and certify my compliance by my signature below. I also understand entry fees I pay are not refundable.</small>		
SIGNATURE (of parent or legal guardian, if under 18)	DATE	