

# Lost Nation's 18th Annual



## Saturday July 17, 2004

One Mile 7:40 a.m.

Four Mile 8:00 a.m.

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 mugs 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)

Custom Rustic Run awards to the overall winners. Custom Rustic Run mugs to all divisional places. First male and female finishers from Lost Nation area are recognized.

### PRIZE MONEY

**\$440 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 \$70	3rd \$40
2nd \$50	4th \$30
Masters \$30	

### REGISTRATION

**Four Mile Race..... \$13.00** (Postmark on or  
**One Mile Race..... \$8.00** before 7/12/04)

**Four Mile Race..... \$15.00** (Postmark after  
**One Mile Race..... \$10.00** 7/12/04 or race day)

**Four Mile Race..... \$7.00** (No Shirt)  
**One Mile Race..... \$4.00** (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 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

Shirt Size: Adult S M L XL XXL Children 6-8 10-12 No Shirt

Prize Money: Ineligible Eligible

### 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 or training and fitness is adequate to compete in the event I have entered.

Mailed Results: Yes No

Make checks payable to:

**RUSTIC RUN**

(All entries are non-refundable.)

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

Mail Entries to:

For more information contact:  
Mitch Rutenbeck  
mitch@uni.edu  
563-370-2699

Signed (Entrant) \_\_\_\_\_ Date \_\_\_\_\_  
*Signature of parent or legal guardian is required for any participant under the age of 18*

Signed (Parent or Guardian) \_\_\_\_\_

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

**Contact Information:**

Mitch Rutenbeck  
563-370-2699  
mitch@uni.edu

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.

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



*Distance from:*

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

Lost Nation is  
located on Hwy. 136

A big **THANKS** to our sponsors:

Lost Nation Booster Club  
EI Telemarketing  
Lost Nation Business Assoc.  
CO River Animal Hospital-Stuart Proesch; DVM  
City of Lost Nation  
The Pub Club

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

G. Baker Distributing, INC  
Culligan Water  
Swiss Valley Famrs, INC  
Lost Nation-Elwood Telephone Co.  
Tri Stop  
First Trust and Savings Bank