

Strawberry Stampede

¼ Mile Run (6 & Under)
1 Mile Run (14 & Under)
Judy's Jog (ALL AGES)

39th Annual
FAMILY FUN FOR
ALL AGES!!

Sunday, June 11, 2023
Long Grove, Iowa
Behind the Community Center

2023 Theme - "Let's do this with Judy", in loving tribute to Judy Hoag

Pre Race Ceremonies

- Announcements at 8:50 in front of the Community Center
- Benediction blessing & National Anthem with presentation of the flag

Competitive Run/Walk - (1/4 mile - ages 0-6, 1 mile - ages 0-14)

- ¼ mile run (GIRLS ONLY) - 9:00 am (starts at Grove Street & 1st Street facing south)
- ¼ mile run (BOYS ONLY) - 9:15 am (starts at Grove Street & 1st Street facing south)
- 1 mile run (BOTH BOYS & GIRLS) - 9:30 am (starts on 1st Street facing north near gazebo)

4th Annual Judy's Jog - FOR ALL AGES (ages 0-99)

- This is a non-competitive 1 mile family fun run/walk
- **LINE UP BEHIND THE YOUTH 1 MILE PARTICIPANTS!**
- Race starts exactly 1 minute after start of youth 1 mile race (9:31 am)
- **FUN FOR THE ENTIRE FAMILY!**
- For those who feel like they cannot complete the 1 mile you may opt to line up with one of the quarter mile races! (MUST line up in the very back!)
- Judy's Jog proceeds to support King's Harvest Pet Rescue

Registration Fees - SIGN UP EARLY AND SAVE!!

- Before May 1st: 1st person - \$20.00; 2nd person - \$18.00; 3rd person and beyond - \$16.00
- Before June 4th: 1st person - \$22.00; 2nd person - \$21.00; 3rd person and beyond \$20.00
- For the family discount, you **MUST** be pre-registered, be from same household, and all entries mailed in together
- Pre-registration ends June 4th. **After that you must sign up race morning!! YES, you can still sign up!**
- Packet Pickup and Race Day Registration - 7:30 am to 8:45 am. **PLEASE ARRIVE EARLY!!**
- Packet Pickup will be available behind the Community Center on Saturday June 10th 10:00-2:00.
- Race Day Registration fee is \$30.00 for all races (t-shirt not guaranteed)

Post Race Festivities

- **BERRY BISTRO** - Post-race refreshments for all paid participants
- Door prizes will be awarded immediately after the 1 mile race
- Presentation of overall and age division trophies.

Personalized Bib Numbers

- Add your first name, last name, nickname, etc, as you want it to appear on the bib number. **Due to our printing deadline we MUST have entries in BEFORE MAY 15th**

Amenities

- Good-looking t-shirt (guaranteed to all pre-registered entrants)
- Special Limited Edition medal for all finishers (this is earned!)
- Vender freebies and discounts in race packets (pre-registered only)

74 TROPHIES AWARDED

<u>¼ mile run</u>	<u>1 mile run</u>
2 & under	8 & under
3-4, 5-6	9-10, 11-12, 13-14

- ❖ Trophies to overall winners, male & female (youth races ages 0-14)
- ❖ Trophies to top 5 in each age division, male & female (youth races ages 0-14)
- ❖ Youngest and Oldest entrants (pre-registered, male and female)

300+ DOOR PRIZES

Bicycles, movie passes,
vendor discounts, etc!
You must be present to win!

ALL-SCHOOL CHALLENGE (Grades K-8, 2022-23)

The top three schools to enter the most participants / total full-time enrolled, their P.E. /sports department shall receive:
1st - \$150, 2nd - \$100, 3rd - \$50

SEE REVERSE SIDE FOR MORE INFORMATION