

Wildcat Den State Park Trail Run/Walk



Saturday Sept. 11, 2010
8:00 AM

Between Muscatine & Quad Cities

Run or walk the roads and trails of Wildcat Den State Park. The course is a 5K route beginning and ending in the upper picnic area. Most of the course is off-road following mowed and marked trails through the park's scenic natural areas. Wildcat Den State Park is located 1 mile north of Iowa Highway 22 and is half way between Muscatine and Davenport. The park can also be accessed from Highway 61.

Sponsored by Friends of Pine Creek Grist Mill and Wildcat Den State Park. All proceeds go to Pine Creek Grist Mill. Questions to Ken Hyman 563-262-9040 or to hymanken@gmail.com

Entry Fee: \$12 through September 9. Late entries \$14. Make checks payable to Friends of the Mill. Additional donations to support the mill are appreciated.

Awards: Trophies will be awarded to the overall male and female winners. Medallions will be awarded to the first three male finishers and first three female finishers in each category. Categories: 14 & Under, 15 – 19, 20 – 29, 30 – 39, 40 – 49, 50 – 59, 60 & Over.

Send registration form and entry fee to: Larry Koehrsen
510 W. 2nd St.
Muscatine, IA 52761

You may register online at
https://secure.getmeregistered.com/get_information.php?event_id=3349

Shirts will be distributed on race day.

Name _____ Age as of 9/11/2010 _____ Sex _____

Address _____ City _____ State _____ Zip _____

T-shirt Size: Adult: S___ M___ L___ XL___

Waiver: In consideration of you accepting my entry, I intend to be legally bound for myself, my heirs and executors, and administrator, do hereby refuse and discharge Wildcat Den State Park, The Friend of Pine Creek Grist Mill, and/or any other race organizers and sponsors or their spouses from any and all liability arising from illness, injury and damage I may suffer as a result of my participation in this event. I have read the entry information and certify my compliance and also certify that I have trained suitably for this event by my signature below.

Signature _____ Date _____

Parent or Guardian Signature (17 & under participants) _____