

THE RACES

200 METER DASH: For youth ages 8 and under to be held after the 4 mile. Race at 9:00 am. All participants will receive medals and T-shirts.

ONE-MILE FUN RUN: This race is for all ages and you have the option to run or walk the course. Race begins at 7:30 am.

TWO-MILE FIT WALK: We encourage families to participate in this walk, but all walkers are welcome. Walk begins at 8:00 am.

4 MILE: This race begins and ends at the YMCA. The course takes you through scenic Irvine Park. Race begins at 8:00 am.

BILL ROEGGE MEMORIAL HALF MARATHON: In memory of Bill, who was a long-time runner in this event and supported the Y throughout his life, we dedicated this event in his honor. This race begins and ends at the Y. The course takes you out on blacktop roads through the scenic countryside and eventually passes through Irvine Park. Race begins at 8:00 am.

FINISH: Hospitality area with Premium Waters Water, Coca-Cola Products, Family Fare Fruit and other refreshments.

FACILITIES: Bathrooms and Showers available at the Y. Bathrooms will also be available on the course

AWARDS: All participants will receive a finisher medal at the finish line of their race.

AID STATIONS: All Aid Stations will be furnished with Premium Waters Water and Powerade.



COURSE RECORDS

1 MILE MALE NICK ZANDER ('13) 4:29
FEMALE KATHY SEIDL ('92) 5:41

4 MILE MALE DAN HELD ('89) 18:55
FEMALE ANN COURTNEY ('92) 22:11

1/2 MARATHON
MALE CODIE SEE ('05) 1:08:11
FEMALE JILL ANDERSON ('92) 1:22:43

SPAGHETTI FEED

Friday, August 9th (5:00 -7:00 PM) at McDoneil High School. \$8 at the door. Feed includes spaghetti, salad and beverage. Proceeds go to McDoneil High School Track and Cross Country Program.

Pre-Registered Packet Pick-Up on Friday from 5:30—7:00 PM

Saturday Registration and Packet



Pick-Up Starts at 6:30 AM

LEINENKUGEL'S PURE WATER DAYS RACES OFFICIAL ENTRY FORM

Name _____

Address _____

City _____ State _____ Zip _____

Age: _____ DOB _____ Sex: Male/Female

Email: _____
Required

Tech Race Shirts Size: (circle one)

Ladies S M L XL XXL

Men's S M L XL XXL XXXL

Youth S M L

NOTE: SHIRTS WILL NOT BE GUARANTEED ON RACE DAY.

WHICH RACE? (circle one)

200 Meter Dash 1 Mile Run/Walk
2 Mile Fit Walk 4 Mile Run
1/2 Marathon

Advanced Registration (before Aug. 10)

200 Meter Dash \$15.00
1 Mile Run Walk \$25.00
2 Mile Fit Walk \$20.00
4 Mile Run \$30.00
1/2 Marathon \$45.00
FAMILY (Max of 5) \$110.00

Race Day Registration (Aug. 10)

200 Meter Dash \$20.00
1 Mile Run Walk \$30.00
2 Mile Fit Walk \$25.00
4 Mile Run \$35.00
1/2 Marathon \$50.00
FAMILY (Max of 5) \$120.00

EMERGENCY CONTACT NAME:

EMERGENCY CONTACT PHONE NUMBER:

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AMOUNT ENCLOSED \$ _____

Entry fee includes t-shirt, finisher medal, food, refreshments and fun!

mtec RESULTS

PLEASE SIGN WAIVER & RELEASE ON BACK

