

The Grey Ribbon Crusade Presents . . .

THE 2nd ANNUAL GREY RIBBON CRUSADE 5K & 1 MILE RACE

Website: GreyRibbonDubuque.org



Come join us for a run in memory of Mr. Boughton and all who are in the fight against brain cancer. The course will take you along the Mississippi River and through a grassland trail. It is flat, fast, and picturesque.

DATE: Saturday, May 28th 2011 **TIME:** 8:00 a.m. kids fun run, 8:20 a.m. 5k race

PLACE: Mystique Casino, Dubuque, IA (see map on the back for directions)

COST: \$15.00 prior to May 15th
\$20.00 after May 15th for everyone. **(LATE ENTRIES WILL GET A SHIRT ONLY IF AVAILABLE).**

Walkers are welcome to participate. Same fees apply. Strollers are not allowed on the course.

REGISTRATION IS AVAILABLE THE MORNING OF THE RACE FROM 6:30 to 7:45 am. COST IS \$20

PACKET PICK UP: Race morning from 6:30 a.m. till 7:45 a.m. in Ski Club Rd. (valet) parking lot

ENTRY INCLUDES: Post-race refreshments, and use of the trail on race day as well as the official race shirt. Please be sure you have your entry in before the deadline if you want to be guaranteed a shirt. The deadline is May 15th.

PRIZES: Awarded to overall male and female winners as well as the top three places of each age group. Unclaimed awards will not be forwarded.

ENTRY FORM

Name: _____

Address: _____

City: _____ State: _____ Zip _____

Ph. # () _____

E-Mail _____

Date of Birth ____ / ____ / ____ Age ____ Sex: M F
MM DD YY

Circle one category:

Male 19 & Under 20-29 30-39 40-49 50-59 60-69 70+

Female 19 & Under 20-29 30-39 40-49 50-59 60-69 70+

RACE: 1 mile kids run 5k run/walk

T- shirt (adult sizes)
please circle: S M L XL XXL (add \$2 to fee)

| | |
|---|----------|
| Registration (before May 15): | \$ _____ |
| After May 15) | \$ _____ |
| XXL T-Shirt: | \$ _____ |
| Additional Donation: | \$ _____ |
| Total: | \$ _____ |
| <u>Please make checks payable to:</u> Ram Booster Club Grey Ribbon | |
| Mail entry to: Senior High School c/o Jim Jarchow 1800 Clarke Drive Dubuque, IA 52001 | |
| Office use Amount Rcvd: \$ _____ Date: _____ | |

WAIVER:

In consideration of the foregoing, I, for myself, my heirs, my executors, administrators, and assignees, do hereby waive and release any and all rights and claims for damages I have against the Grey Ribbon Crusade, its officers, directors, agents, and volunteers, Mystique Casino, and any and all participating supporters for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participation in said race known as the Grey Ribbon Crusade 5k. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor.

Signature _____

Date _____

Parent Signature _____ (Required if under 18 years of age)

Welcome to the 2nd annual Grey Ribbon Crusade 5K.

PACKET PICK UP- Race Day at the Mystique Casino Parking lot (valet parking in front of Houlihan's) from 6:30 a.m. to 7:45 am. Packet pick up is held beneath the red tents, which will be set up in the parking lot.

REGISTRATION THE DAY OF THE RACE- From 6:30 a.m. to 7:45 a.m. beneath the red tents, which will be set up in the parking lot. PLEASE ARRIVE EARLY ENOUGH TO BE REGISTERED BY 7:45 a.m. Same day registrants will NOT be guaranteed a race shirt.

PARKING- Parking is available in the Mystique Casino Parking lot in the valet parking in front of Houlihan's (along Ski Club Road). Overflow parking will be available across the street in the McAleece Park and Recreation Complex. Please be alert to children and other participants as you drive in and about the area. WE ENCOURAGE CARPOOLING IF AT ALL POSSIBLE.

STARTING TIMES-The kids fun run will start at 8 a.m. sharp and 5K will immediately follow. Please keep in mind the general race etiquette of faster runners being up front followed by moderate to slower paced runners and then walkers towards the back. For the safety of all involved we ask that bikes, baby joggers and stroller, dogs, incline skates or other wheeled items NOT be used on the race course. Headphones are discouraged, if you choose to use them, please keep the volume low so you can hear course instructions and directions from course, marshals, police officers and runners around you.

RUNNER ETIQUETTE... Be kind and respect others! Race numbers are assigned to all participants. Please be sure to wear the number assigned to you. Numbers should be worn on the FRON T of either your shirt or shorts. Be careful NOT to rip off the tag at the bottom of the number prior to completing the race. This tag will be used for results and it is imperative that you have this attached during the race.

COURSE- a complete map of the course will be available the day of the race in the registration packet.

RESTROOM FACILITIES- Port-A-Potties will be located in the parking lot for runners to use.

EMERGENCY SUPPORT- Ambulance services will be at the race location for any needed support.

REFRESHMENTS- will be available for the runners/walkers upon completing the race. Recycling containers will be in the area for your use.

AWARDS- Awards will be given to the over-all male and female winners for the 5K race. Age group awards will be given to the top 3 finishers in each category. You must be present to collect your award or have someone take it for you. NO AWARDS WILL BE MAILED OUT AFTER THE RACE.

DIRECTIONS

Mystique is located just off Highway 151/61 at the Dubuque/Wisconsin Bridge, 1855 Greyhound Park Drive, Dubuque, Iowa.

From Highway 20 East or West

Take Highway 151/61 North to Kerper Blvd. exit. Turn right on Kerper Blvd., left onto East 16th Street, and left onto Greyhound Park Road. Turn left onto Ski Club Road.

From Highway 52 North or South

Take 151/61 North to Kerper Blvd. exit. Turn right on Kerper Blvd., left onto East 16th Street, and left onto Greyhound Park Road. Turn left onto Ski Club Road

