



The Mississippi Valley Running Association Presents . . .  
**THE 20th ANNUAL MVRA TRAIL RUN**



**A 5K and 10K Race on Heritage Trail**

Come join us for a run on a beautiful nature trail. The course will take you on an old railroad track that has been converted to a recreational trail designed with you in mind. It is flat, fast, and picturesque.

**DATE:** Saturday, May 7, 2011

**TIME:** 8:00 a.m.

**PLACE:** Heritage Trail, Durango, IA - 4 miles north of Dubuque on Hwy. 52 (See Map on back)

**COST:** REGISTER EARLY FOR THE BEST PRICE & to be Guaranteed a Shirt  
 \$ 20 prior to April 29  
 \$15 MVRA members prior to April 29  
 \$ 30 AFTER April 29 for everyone. (LATE ENTRIES WILL GET A SHIRT ONLY IF AVAILABLE).  
 Walkers are welcome to participate, Same Fee's Apply. Strollers are not allowed on the course.

**\*\*\*SAME DAY REGISTRATION IS AVAILABLE THE MORNING OF THE RACE FROM 6:30 am till 7:45 am. COST FOR EVERYONE IS \$30\*\*\***

**PACKET PICK UP:** Race Morning on the "Porch" of the Handle Bar Pub from 6:30 am till 7:45 am.  
 This is located just next to the parking lot.

**ENTRY INCLUDES:** Post-race refreshments, and use of the trail on race day as well as the official race shirt.  
**We will again have the moisture-wicking style race shirt. Please be sure you have your entry in before the deadline if you want to be guaranteed a shirt. The deadline is April 29.**

**PRIZES:** Awarded to overall male and female winners in each race.  
 Awarded to top three places of each age group. **Unclaimed awards will not be forwarded.**

**MAIL ENTRY TO:** Mississippi Valley Running Association (MVRA)  
 P.O. Box 854  
 Dubuque, IA 52004

**ONLINE REGISTRATION AVAILABLE AT:** [www.getmeregistered.com](http://www.getmeregistered.com) Online registration will be available up until 11:59 pm April 29.

**If you miss this deadline please plan to register the day of the race. Please do not mail in an entry in after April 29.**

**Questions:** Call Angie Salas @ 582-1877 or log on to [www.mvradubuque.com](http://www.mvradubuque.com).

**ENTRY FORM**

Name \_\_\_\_\_ Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age \_\_\_\_\_ Sex:  M  F

Address \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_ Ph. # ( ) \_\_\_\_\_

Email Address: \_\_\_\_\_

**5K Race:**

14 & Under 15-19 20-24 25-29 30-34 35-39 40-44 45-49 50-59 60-69 70+

**10K Race:**

19 & Under 20-24 25-29 30-34 35-39 40-44 45-49 50-59 60-69 70+

**T-shirt size, please circle:** S M L XL XXL (add \$3 to fee)  
**Shirts are made of a moisture wicking material. Sizes are unisex.**

**Note:** Make checks payable to: Mississippi Valley Running Association

**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 Mississippi Valley Running Association, its officers, directors, agents and employees, Dubuque County Conservation Commission, and Heritage Trail, Inc., 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 MVRA Trail Run. 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's Signature \_\_\_\_\_ (Required if under 18 years of age)

### Welcome to the 20th Running of the MVRA Heritage Trail Run 5K & 10K

The Trail Run is known for being a fun, well organized, event; the perfect start to your racing season on a beautiful trail surrounded by nature. The following suggestions will help the race proceed as smoothly as possible and ensure a fun and safe experience for everyone.

**PACKET PICK UP**~ Race Day at the Durango Trail Head from 6:30 am till 7:45 am. Packet pick up is held on the "Porch" of the Handle Bar Pub which is located next to the parking lot for the Trail.

**REGISTRATION THE DAY OF THE RACE**~ From 6:30 am to 7:45 am, on the "Porch" of the Handle Bar Pub located next to the parking lot for the Trail. PLEASE ARRIVE EARLY ENOUGH TO BE REGISTERED BY 7:45 AM. Same day Registrants will NOT be guaranteed a race shirt.

**PARKING**~ Parking is available in the Heritage Trail parking lot at the start of the race. 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 5K & 10 K will start at 8 am sharp. Please assemble on the bridge just East of the Trail by 7:50 am. 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, inline 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, directions from course marshals or police officers, and other runners around you.

**RUNNER ETIQUETTE....Be kind and respect others!** Race Numbers are assigned to all runners participants.. Please be sure to wear the number assigned to you . Numbers should be worn on the FRONT of either your shirt or shorts. Take care to NOT 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**~ The courses are out and back style. From the combined start the 5K runners will be turning off to the RIGHT while the 10K runners will be turning off to the LEFT. Mile markers are placed on the course at each mile. There will be a Course Marshall at the turn around point for each course.

**WATER STOPS** will be located on the 10K course only. This will occur approximately at mile 1.5 and 4.5 in the course.

**RESTROOM FACILITIES**~ Porta Potties will be located in the parking lot for runners to use. There are no bathrooms for use in the Handle Bar Pub.

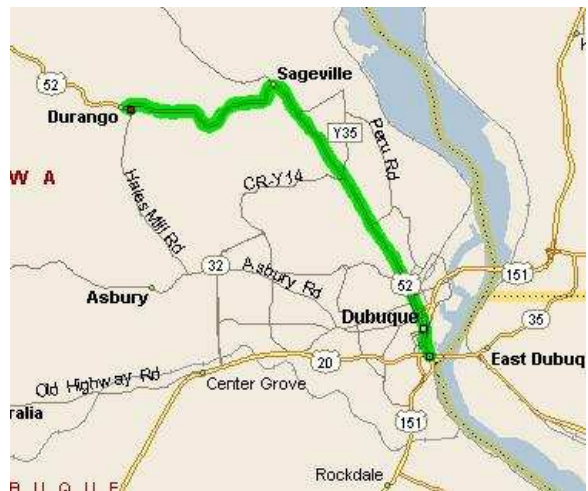
**EMERGENCY SUPPORT**~ Ambulance services will be at race location for any needed support.

**REFRESHMENTS**~ will be available for the runners/walkers upon completing the race. Recycle 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 & 10 K races. 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

The Durango Trail Head is located approximately 4 miles North of Dubuque on Hwy 52. As you come into Durango the Trail is situated on the south side of Hwy 52.



THE TRAIL RUN IS SPONSORED BY~

