



Tornado Alley Run/Walk

1 mile Fun Run/Walk
5K Run/Walk
10K Run

**Saturday, October 2, 2010
Algona, Iowa**

- **1 Mile Fun Run/Walk begins at 8:00 AM**
- **5K & 10K Races and 5K Walk starts together at 8:30 AM.**

**Algona City Hall
112 W. Call Street
Algona, Iowa**

Sponsored by the
Algona Recreation Department

Special Post Race attraction:

The Tornado Alley Run is in cooperation with the annual *Algona Band Day Festival*. This year the festival will feature over 30 bands and many floats in a beautiful parade through downtown Algona beginning at 1:00 PM. Many other activities are planned throughout the day in Algona.

Age Divisions: (Run Only)

Men's & Women's

- 10-18
- Open (all 19-29)
- 30-39
- 40-49
- 50-59
- 60 & over

Fee:

- **\$16 early registration, \$20 day of race.**
- Includes T-shirt and registration in prize drawing.

Registration:

Race packets may be picked up at the registration table in front of City Hall anytime between 6:45 and 8:15 AM on race day.

Course route:

Both 5K & 10K routes begin and end at City Hall. Both routes are *extremely flat*, run entirely within the city limits. 10K will now run part of their route on the new bike path. Route maps are available online at www.ci.algona.ia.us/rec.html.

Splits will be given to all runners/walkers at 1 mile. 10K runners will also receive splits at 1/2 way and at the 5 mile marker. Water will be available twice to 5K runners/walkers and 3 times for 10K runners.

Algona Emergency Medical Service will provide emergency personnel on the route.

2009 Champions:

5K Women - Lisa Becker, Bancroft ----- 22:05
5K Men - Reed Russell, Fort Dodge ----- 17:40
10K Women - Emily Eimers, Lone Rock ----- 45:00
10K Men - Ryan McMahon, Algona-----35:14

Awards:

Medals will be awarded to the top 3 finishers in each division. Trophies will be given to the overall male and female champions in each race. No awards will be given to 1 Mile Run/Walk or 5K Walk participants. T-shirt with run logo will be given to all paid participants. A prize drawing will be held following the awards ceremony for all runners and walkers. Post race refreshments and prizes are compliments of Algona area businesses and the **Morwens Kiwanis Club**.

Official Entry Form ♦ 2010 Tornado Alley Run/Walk

Last Name _____ First Name _____ Initial _____

Address _____ City _____ State _____ Zip code _____
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Phone _____ Email _____ Age _____ M/F _____

Event entered: (check one)
 5K RUN _____
 10K RUN _____
 1 Mile Run/Walk _____
 5K Walk _____

Divisions:
(5K & 10K Runners only)
 10-18 _____
 Open (all 19-29) _____
 30-39 _____
 40-49 _____
 50-59 _____
 60+ _____

T-shirt size (circle one)
Youth
 M L
Adult
 S M L XL XXL

In consideration of acceptance of this entry, I release the City of Algona, supporting organizations and volunteers from any liability for any injury or accident I may suffer during the course of this event.

Your signature

Parent or guardian if under 18

Return entry form and fee to:
Algona Recreation Department
112 W. Call Street
Algona, IA 50511
Phone: 515-295-9251