

## Morgan Creek Cross Country Race 2016

### 10 km Race and 3 km Fun Run

**Sunday, November 6, 2016, 10 a.m. start** (Race and fun run start at same time.)

**Morgan Creek Park, Palo, Iowa** (Park is actually at west edge of Cedar Rapids, 6 miles south of Palo.)

The 10 km run is styled as an "English" cross country race, mostly on grass trails in prairie and next to cropped fields. The course also goes through the Arboretum, savanna, and wooded areas. There are at least 4 watercourse crossings, at least 2 of which will have water. Other challenges will include a few log barriers and a fence or two. There likely will be some gravel and 50 to 100 meters of tarmac. Count on some uneven footing and rolling terrain and don't plan on beating your road 10 km PR. Wear gloves for hand protection.

The 3 km course is much closer to typical U.S. College and high school courses, with no stream crossings or obstacles. It is almost all in the prairie. The trails are mowed wider in fall to prepare for cross country skiing, so the shortest path may cross coarse stubble of prairie plantings.

Due to limited parking, we are limiting entries to 200 runners. Please carpool and park only in designated areas.

Check in and race day entries will be from 8:30 to 9:40 a.m. All check-in and entry activities should be completed by 9:45.

The Park entrance is on Worcester Road, just off the northwest corner of Cedar Rapids. Worcester Road runs west from Stoney Point Road about  $\frac{3}{4}$  miles north from E. Ave. 1.75 miles north of 16<sup>th</sup> Ave., or  $\frac{1}{4}$  mile south of Covington Road/F Ave. NW. For mapping systems, the park address is 7515 Worcester Road, Palo, Iowa 52324, which is the office about 800 meters west of the Day Use Area entrance. More information on the park at [www.mycountyparks.com/County/Linn/Park/Morgan-Creek-Park.aspx](http://www.mycountyparks.com/County/Linn/Park/Morgan-Creek-Park.aspx) or [www.linncountyparks.com](http://www.linncountyparks.com)

Funds left over after expenses will be donated to Morgan Creek Park with a request that they use them for unpaved trails maintenance or improvements or to support development of a high quality cross country running course at Morgan Creek Park. The Linn County Conservation Department has been very supportive and the Morgan Creek staff have been most gracious and helpful hosts. Their assistance has made this event possible.

**Awards:** No place awards for the 3K Fun Run. For the 10K, age groups are 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. Medals for 1<sup>st</sup> through 3<sup>rd</sup> and trophies for first overall male and first overall female in the 10K. Entries received by Monday, 17 October will receive Morgan Creek Cross Country Race 2016 shopping tote bag. For entries received after 17 October, we will not promise a 2016 tote bag, but expect to have enough bags from 2014 and 2015 that everyone can still get a tote bag.

Enter this event on-line at [www.GetMeRegistered.com/MorganCreekCrossCountry](http://www.GetMeRegistered.com/MorganCreekCrossCountry)

For additional questions, email [MorganCreekXCAlpha@gmail.com](mailto:MorganCreekXCAlpha@gmail.com) or phone Martin Smith at (319) 573-6809. More information will appear on Facebook "Event" listing for "Morgan Creek Cross Country Race 2016" ([facebook.com/events/1120601244651798?accontext=%7B%22ref%3A2%2C%2](https://facebook.com/events/1120601244651798?accontext=%7B%22ref%3A2%2C%2))

## Morgan Creek Cross Country Race 2016: Entry Form

10 km Race and 3 km Fun Run    Sunday, November 6, 2016, 10 a.m. start

Name: \_\_\_\_\_ Gender:    M    F    Age on race day: \_\_\_\_\_

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

Phone: \_\_\_\_\_ email: \_\_\_\_\_

Event: (circle one)      10 km race      3 km fun run

Entry Fee: Postmarked or online by Monday, Oct. 17<sup>th</sup>: \_\_\_\_\_ 3K - \$8.50      10K - \$13.50

Oct. 18th to received by Nov. 4: (Do not mail after Nov. 1.) \_\_ 3K - \$10.50      10K - \$16.50

Race day: \_\_\_\_\_ 3K - \$13      10K - \$20

For mail or race day entries: **Make checks payable to: Morgan Creek Cross Country Race.**

**Mail to:** Morgan Creek Cross Country Race, C/O Martin Smith, P.O. Box 2326, Cedar Rapids, Iowa 52406-2326.

Online entry available at [www.GetMeRegistered.com/MorganCreekCrossCountry](http://www.GetMeRegistered.com/MorganCreekCrossCountry) (Online entries close at midnight Friday, 4 November.)

**Waiver and photo release:** I hereby knowingly certify that I am at least 18 years and I absolve, waive, release, discharge, covenant not to sue & hold harmless the County of Linn and the Linn County Conservation Department, all of its employees, Morgan Creek Cross Country Race, and any and all race sponsors, race committee & volunteers, from any and all liabilities or injury claims whatsoever incurred by or against me during the aforementioned event. By signing below, I agree that I know that running in and or volunteering for organized group runs, social events, and races like this are potentially hazardous activities, which could cause injury or death. By my electronic signature, I certify that I am medically able to perform all activities associated with Morgan Creek Cross Country Race and am in good health, and I am properly trained. I assume all risks associated with participating in race activities which may include: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, extreme cold, traffic or slippery/icy or other conditions of the course and all such risks being known and appreciated by me.

I release the rights to any and all photographic or video material obtained during the event. I grant permission to the event organizers and the Linn County Conservation Department to use images taken during this event without obligation to me.

I understand that I may be contacted via future e-mail correspondence with registration information, results, general information updates, cancellations and upcoming event information. I can opt out of any future e-mail contact.

Signature: \_\_\_\_\_ date: \_\_\_\_\_

(If under 18, parent or guardian must sign) \_\_\_\_\_ date: \_\_\_\_\_