

# MAMM

## MAMM - MONROE 23rd ANNUAL MICRO MARATHON - August 9, 2008

The Monroe Annual Micro-Marathon (MAMM) has been a part of the Monroe Old Settlers for the past 23 years. The MAMM will feature a 5K walk/run and 10k run. Both the 5k and 10k route will loop the town once and then the 10k will break off to enjoy our scenic rural setting which does include a couple of hills.

**Registration and Start Location:** The race/walk begin at 8:00am at the Red Rock Park located one block west of the town square (Intersection of Business Hwy 163 and Marion Street) in Monroe, Iowa. Registration and race packet pick-up will be on race day from 6:30-7:45.

**Directions:** Monroe is 28 miles east of Des Moines on Hwy 163 or 14 miles south of I-80 on Hwy 14.

### Awards:

**5k run/walk and 10k run:** first, second and third place medals will be awarded to the top three male and female finishers in each of the following age divisions and well as a prize for the youngest and oldest participant.

**Note:** no individual awards for 5k walk. These are combined with the 5k run.

14 and under    15-24    25-34    35-44    45-54    55 and up

All participants will receive a MAMM race T-shirt. Pre-registered runners guaranteed shirt on race day. All other shirts will be mailed following the race.

**Other Activities:** Bring your entire family for a day of fun at the 110th Monroe Old Settlers celebration including carnival rides, games and great food. Kids races beginning at 9:00 on the south side of square.

**Questions:** Shirley Gilman - (641)891-7096; Pat Pendroy - (641)259-3040; Julie Philippon (641)259-3303

**Email:** gilman@iowatelecom.net

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**Entry Fee:** \$15.00 (non-refundable) if postmarked on or before 8/01/08; \$20.00 if received after 8/01/08.

**Mail to:** MAMM P.O. Box 484 Monroe, Iowa 50170

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age \_\_\_\_\_ Sex (circle one) M F

I am walking/running the 5K \_\_\_\_\_ 10K \_\_\_\_\_ T-shirt size (circle one) S M L XL

In consideration of your acceptance of this entry, I hereby for myself, my heirs, executors, and administrators waive any and all rights and claims for damages I have against individuals associated with this event, their agents, representatives, sponsors, the City of Monroe, and their representatives, successors, for all and any injuries to me in this event. I attest and verify that I have full knowledge of the risks involved in this event and that I am physically fit and trained to participate. I also give permission to use my name and picture in any broadcast, telecast, or news article.

Signature \_\_\_\_\_ Parent/guardian must sign if runner is under 18 years of age

