

Awards

10K Awards:

- Male & female divisions for overall winners
 - 18 and under
 - 19 to 29
 - 30 to 39
 - 40 to 49
 - 50 to 59
 - 60 to 69
 - 70 & over

2-Mile Awards:

- Male & female divisions for overall winners
 - 8 & under
 - 9 & 10
 - 11 to 12
 - 13 to 14
 - 15 to 18
 - 19 to 29
 - 30 to 39
 - 40 to 49
 - 50 to 59
 - 60 to 69
 - 70 & over

Refreshments

Water stations will be available along the course & water will be available at the end of the 10K & 2-mile race

Free Breakfast for ALL runners at the school

***Shower facilities available in locker rooms**

Contact Information

Hamburg CSD - Mike Wells

309 S Street

Hamburg, Iowa 51640

Phone: (712) 350-1065

or (712) 382-2017

Email: mwells@hamburgcsd.org

Web: www.hamburgcsd.org

Register online: (click on the red)

[Website to Register](#)

<https://www.raceentry.com/races/tri-state-race/2018/register>

or

[Website to Make a Donation](#)

<https://www.raceentry.com/races/tri-state-race/2018/fundraising/charity/charity/hamburg-schools-washington-dc-middle-school-trip-3070>

Or mail registration forms to:

**Hamburg School, Mike Wells
309 S Street, Hamburg, IA 51640**

Please make all checks payable to:
Hamburg School 10K/2-Mile Run

Last day for mail-in entry forms:
September 20, 2018

Annual Tri-State
10K & 2-Mile Run
(October 6th 2018)

World's only 10,000 meter course
running through the three states of
Nebraska, Missouri, and Iowa

Hamburg, Iowa

10K & 2-Mile Course Description

The **Tri-State 10K** is a point to point nearly flat course starting on McKissick's Island, Nemaha County, Nebraska for one mile, running through 2 ½ miles of Atchison County, Missouri, and finally, 2 ½ miles of Fremont County, Iowa and the City of Hamburg, Iowa.

The finish is on Hamburg's crushed red-brick track. The first 1 ½ miles are gravel; the balance is mostly oil and asphalt. In case of muddy conditions we will not use the gravel portion of the course (see map). We have marked splits at each mile and each kilometer.

The **2-Mile** course starts near the track, runs south to downtown where it turns around at the flagpole and runs back to the finish line on the track.

Directions & Race Times

Hamburg, the southwest corner town of Iowa, is just off Exit 1 of I-29 in Iowa one mile north of the Missouri border. Hamburg is 55 miles south of Omaha (I-29), 65 miles east of Lincoln (Hwy 2 & I-29). Once in Hamburg, go to the far north end of town to "S" Street. Park in the Marnie Simons Elementary School parking lot (west side of the school) – 309 S Street, Hamburg, IA. Packet pick-up is in the gym at the north end of the building.

10K RUNNERS: Since this is a point to point race, we will bus the 10K runners from the finish area (the elementary parking lot) to the rural Nebraska starting line at 7:30 a.m.

REMEMBER – THE 10K BUSES LEAVE AT 7:30 a.m. FROM THE ELEMENTARY PARKING LOT.

10K Entry Fee - \$25

2-MILE RUNNERS: The 2-Mile will start at 8 a.m. near the finish line at the track.

2-Mile Entry Fee - \$25

Packet Pick-Up & Late Registration

6:30 a.m. at the gym
October 6, 2018

*Individuals who register the day of the event may not be guaranteed a t-shirt

Registration: 2-Mile & 10K
(Registration fee includes t-shirt & special finisher awards)

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Age: _____

Event (\$25) –Please Circle

10K 2-Mile

T-Shirt Size – Please Circle (adult sizes)

S M L XL

WAIVER: I AM ENTERING THIS EVENT AT MY OWN RISK AND ASSUME ANY AND ALL RESPONSIBILITY FOR INJURIES I MAY INCUR AS A DIRECT OR INDIRECT RESULT OF PARTICIPATING IN THIS EVENT.

Signature: _____
(Parent or Guardian (if under 18))

Date: _____

*Please make all checks payable to Hamburg School 10K/2-Mile Run

Please cut along line and send registration form & race fee to:
Mike Wells, 309 S St., Hamburg, IA 51640