

# 26<sup>th</sup> Annual Strawberry Stampede



## Youth Fitness Footraces

Held in conjunction with the annual Long Grove Strawberry Festival – Celebrating 50 years!!!

Long Grove, Iowa

SUNDAY JUNE 13, 2010

Downtown Long Grove

¼ MILE RUN (6 & UNDER)

1 MILE RUN (14 & UNDER)

**Rain or Shine!**

### Race Times

- ¼ mile run (girls) – 9:00, (boys) – 9:15      1 mile run (boys & girls) – 9:30
- Special pre-race ceremony promptly at 8:50 by the gazebo
- Awards ceremony approximately at 10:00 behind the *Community Center*

### Race Registration

- Pre-registration ends on June 7. **Entries sent after June 7<sup>th</sup> will NOT be processed!**
- Pre-registration fee is \$15.00 for all races and includes the official race t-shirt
- Race day registration fee is \$20.00 for all races (t-shirt not guaranteed)
- Family rate for all races: 1<sup>st</sup> child - \$15.00; 2<sup>nd</sup> child - \$14.00; 3<sup>rd</sup> child and beyond - \$12.00. Must be pre-registered, be from same household, and mailed together
- No shirt option – Deduct \$2.00 (pre-registered entrants only)
- Packet pickup and race day registration behind the *Community Center* - 8:00 to 8:55

### Amenities

- Good-looking t-shirt guaranteed to all pre-registered entrants
- Participation medals to all finishers
- Vender freebies and discounts in the race packets for all runners
- Refreshments at the finish line for all race participants

### More Race Information

- The oldest youth-only race in the Quad-City area and beyond!
- Accurate wheel-measured distances!
- Complete results in the *North Scott Press*
- Bib number **MUST** be pinned on the **front** of the shirt
- Strollers please start way in the very back
- No animals or rollerblades allowed on the race course!
- Unclaimed trophies and race packets are available at *First Central State Bank* in Long Grove
- Questions? Contact Scott Hoag, race director: [shoag@netins.net](mailto:shoag@netins.net)

### 74 trophies awarded!!

#### ¼ mile run

2 & under, 3-4, 5-6

#### 1 mile run

8 & under, 9-10, 11-12, 13-14

- ❖ Trophies to overall winners, male & female, all races
- ❖ Trophies to top 5 in each age category, male & female

### RAFFLE PRIZES

- ❖ Bicycles, movie passes, etc!
- Must be pre-registered and present to win!**

### School Challenge (Grades K-8, 2009-10)

The top three schools to enter the most participants per total full-time enrolled, their P.E. /sports department shall receive:

**1<sup>st</sup> place - \$200, 2<sup>nd</sup> place - \$100, 3<sup>rd</sup> place - \$50**

2009 Winner was Alan Shepard Elementary with 25% entered

### We thank our generous sponsors. Please support them when doing business.

Gold Sponsors: First Central State Bank, North Scott Press, Commercial Printers, Gottschalk Service, Amhof Trucking, Keith & Company, Eldridge Body Shop, The Hair Hut, Cobra Graphics, Paul Revere Pizza

Silver Sponsors: Central Scott Telephone Company, Eldridge Spine & Wellness, Scott County Lawns, North Scott Foods, North Scott Pharmacy, BOSS Office Supply, Balloons by Lyn, Diane Hughes

Bronze Sponsors: Beert McCoy Insurance, DeWitt Office Center, White Roofing, Eldridge Family Dentistry

Name (**1 entry per child**): \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone/e-mail: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Amount enclosed (\$): \_\_\_\_\_ Age as of 6/13/2010: \_\_\_\_\_

School (K-8 only): \_\_\_\_\_ Race distance: \_\_\_\_\_

Official Use

### Waiver of Liability

In consideration of acceptance of this entry, recognizing that this is a potentially dangerous event, I intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damage I may have as a result of participation in this athletic contest. I release the *Long Grove Civic League, City of Long Grove*, all sponsors, race officials, committee members, and volunteers, associated with the *STRAWBERRY STAMPEDE* from all liability.

Unsigned waiver will not be accepted. **Copies of this form may be used.**

Date: \_\_\_\_\_ Parent signature: \_\_\_\_\_

### T-Shirt Size (circle one)

YS YM YL AS AM AL  
XL 2XL 3XL No Shirt Option  
❖ Extra shirts are \$12 each  
❖ 2XL, 3XL add \$2.00

### Make checks payable to: **Strawberry Stampede**

P.O. Box 194

Long Grove, Iowa 52756

(Note: No alternative addresses, please send to the official race address above)

**SORRY, NO REFUNDS**