

The 2009 5 Mile Pilot Knob Trail Race
Saturday, September 19, 2009, @ 10:00 a.m.

ABOUT THE RACE: The PKTR is a beautiful run through one of Iowa's most beautiful state parks. You will enjoy the wildlife, the extensive trail system and natural setting of Pilot Knob State Park. We work very hard to mark the course well, but also to leave as much of it unmarked as possible to leave you feeling like you are out for a stroll in the forest. We are small enough that you won't be bobbing and weaving between people, but large enough that you can still see the person in front of you. If you like the Living History Farms Race, come up to North Iowa's version of it. You will be glad you did!

LOCATION: Pilot Knob State Park is four miles east of Forest City in north central Iowa. If you are taking Interstate 35 take exit 203 and go west approximately 11 miles to reach the north entrance to Pilot Knob State Park. The start and finish will be in the second parking lot within the park. Just follow the signs.

PACKET PICKUP: Packets will be available at the start/finish area starting at 8:30 AM. Please call or email us at least a week before the race to let us know that you are planning on attending if you are going to register on race day so we can ensure to have enough food and t-shirts. Due to having to make t-shirt orders early, race day entrants are not guaranteed a t-shirt.

COURSE: The course is five (5) miles in length and will be on rolling hills in a forested area. The trails are on very scenic, fun, wide, dirt and grass trails. Most people consider the park an Iowa hidden treasure. Results will be available on the Pilot Knob Trail Race website.

AWARDS: Unique prizes to the men's and women's overall winner! 2 awards each in the following divisions: 19 and under, 20-29, 30-39, 40-49, 50-59, 60 and over. This may change if we receive a larger amount of entries than normal by the deadline.

OTHER: LONG SLEEVE T-shirts will be available to all participants who have registered by September 12, but will not be guaranteed for race day entrants. Do not send in your entry form after September 12 or we cannot guarantee registration. There will be race day registration for an additional three (3) dollars. If you are planning on registering on race day we would appreciate an email letting us know of your interest at pilotknobtrailrace@hotmail.com or call Kevin at 641.740.7296.

Thanks in advance!

Entry Form

Name (last name/first name)

_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|

Mailing Address and City

_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|

_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|

Zip Code |_____|_____|_____|_____| State |_____|_____|

Age as of 9/19/2009 |_____|_____| Male/ Female |_____|

Shirt size (circle one) S, M, L, XL, XXL (Add \$2.00 for XXL)

Phone number _____|_____|_____|_____|_____|_____|_____|_____|

Email Address _____

Please Note: One person per entry? All boxes completed? Release signed? Mail by deadline? Correct amount paid?

ENTRY FEE

If you would prefer not to have a shirt you may deduct \$8.00!

\$12 dollars if postmarked (or you email your intent to race) ON or BEFORE September 12, 2009.

\$15 dollars on race day.

In consideration of acceptance of this entry, I intending to be legally bound hereby, for myself and administrators, waive and release any and all right and claim for damages I may have or that may hereafter accrue to me against all sponsors, contributors, supporters and officials associated with race and event, their representatives, successors and assigns for any injuries incurred by me during, because of, or in travel to or from race or event.

Date: _____

Signature: _____

Send check or money order to Pilot Knob Trail Race c/o Kevin Dear, 6201 EP True Parkway #7207, West Des Moines, Iowa 50266. (My bank prefers checks to be made out to Kevin Dear... Thanks.)

Do not send after due date of Saturday, September 12! (Instead, call us and let us know you are coming!)

No refunds!!!