

Sponsored by:



**Saturday,  
June 11, 2011 | 8 a.m.**

Race results available at [www.THonline.com](http://www.THonline.com) Saturday afternoon  
Souvenir race supplement mailed to every runner

Additional support provided by: **DUBUQUE REGIONAL**  
SPORTS COMMISSION



**1 MILE** *America's River*  
**JUNIOR GALLOP TIME**  
7:30 a.m.

**4 MILE RUN/WALK TIME**  
8 a.m.  
Race day registration 6 a.m.-7 a.m.  
**Registrations will not be taken after 7 a.m.**

**RUN/WALK PACKET PICKUP**  
(day before) Friday, June 10 - Murphy Park (4-8 p.m.)  
(race day) Saturday, June 11 (6-7 a.m.)

**LOCATION**  
Run/Walk starts and finishes at Murphy Park

**ENTRY FEE**

*America's River* Junior Gallop - 12 & under - \$15  
after June 1 - \$20

Youth 14 & under - \$20  
Live Healthy Dubuque Participant - \$20  
Other - \$25 prior to June 1  
\$30 after June 1 for everyone

**ENTRY FEE INCLUDES**

Chip Timing  
New Balance Lightning Dry T  
Men's Crew & Women's V-Neck  
Souvenir Race Supplement  
Refreshments

Proceeds go to Crescent Community Health Center  
and Live Healthy Dubuque/Go The Distance Day

**AWARDS**

**1 MILE AMERICA'S RIVER JUNIOR GALLOP**  
Award and shoes to overall male and female in each race  
Awards given to top three place finishers in each  
age division

**4 MILE RUN/WALK**  
Award and shoes to overall male and female in each race  
Awards given to the top three place finishers in each  
age division  
Unclaimed awards will not be forwarded

**AID STATIONS**

Water will be provided on the course  
Medical personnel will be available

\*Late entries receive t-shirt only if available

**POST EVENT ACTIVITIES**

Awards Presentation  
Athletic Footwear & Apparel Expo

Shoe Give-Away (10 pairs)  
(Must be present to win.)

Entertainment  
Refreshments

**Enjoy a Fun Family Fitness Day!**

**1 Mile Run/Walk Age Division:**

Boys:	6 & under	7-8	9-10	11-12	Girls:	6 & under	7-8	9-10	11-12
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**4 Mile Run/Walk Age Division:**

Men:	14 & under	15-18	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65+
Women:	14 & under	15-18	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65+

New Balance Lightning Dry T:

Men's crew:	S	M	L	XL	XXL	
Women's V-Neck:	XS	S	M	L	XL	XXL
Youth sizes: (50/50 cotton/poly)		YM	YL			

Register online at:  
**www.THonline.com/Gallop**

Online registration ends Thursday, June 9 at midnight.