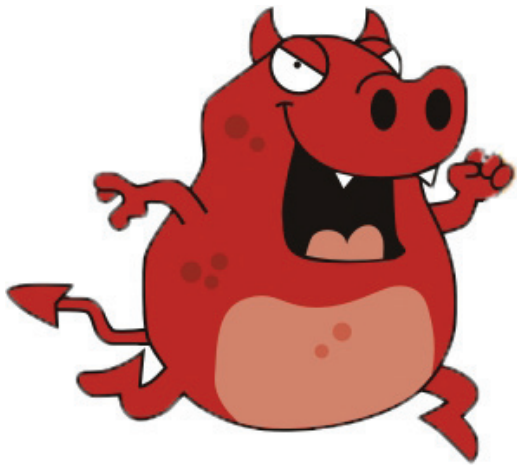


**OCTOBER 23**



**ROCKTOWER**



**RUN**



**FEATURING**

**PYCHO**

**CIRCUIT**

**5k and 10k Runs**

**Costumes**

**Jimmy's BBQ**

**Monster Mile**

**Award Ceremony**

**Post-race Concert**

# ROCKTOBER RUN

## Pre-Race Info

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### Awards & Age Groups

Awards will go as follows:

- 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> place overall male
- 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> place overall female
- 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> place age group male
- 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> place age group female
- 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> place Monster Mile costume
- 1<sup>st</sup> place overall costume for adults

Age groups are as follows:

- 14 and under
- 15 - 18
- 19 - 29
- 30 - 39
- 40 - 49
- 50 - 59
- 60 and over

Award categories are for both races. Awards will not be mailed out. If you place, please be sure to stay around following the race to get your award.



### Event Registration

Please print out and use the entry form that is provided with this packet or that you have obtained from a sponsor web site. Fill out the form in its entirety and mail your check or money order along with it to:

**The M Foundation**  
**c/o Rocktober Run**  
**PO Box 82**  
**Madrid, IA 50156**

Your registration will not be complete until we have received your check and processed it, usually taking 3-5 days from the day mailed out. We are accepting “day of” registrations for this event. Entry fees are non-refundable and non-transferable for this event. Once we have received the registration form all entries are final.

### Schedule

#### Saturday, October 23

- 3:00 pm:** Check in and “day of” registration begins
- 3:50 pm:** Monster Mile line up at start/finish line
- 4:00 pm:** Monster Mile begins
- 4:30 pm:** Monster Mile post-race begins
- 4:50 pm:** 5k and 10k runners line up at start finish line
- 5:00 pm:** 5k and 10k races start
- 6:00 pm:** BBQ meal service begins
- 6:30 pm:** Race clock stops
- 7:00 pm** Post race concert and party begins

# ROCKTOBER RUN

## Race Day

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### Directions

#### From Des Moines:

Once on I35-80, exit on Hwy 141 heading west. Exit on Hwy 17 (prior to Granger) heading north. Hwy 17 will take you directly into Madrid. At the stop light in town, turn west (left) onto Hwy 210. Follow 210 out of town approximately 1 mile and turn north to Swede Point Park (will be clearly marked with signage).

#### From Boone / Ames:

Once on Hwy 30, exit on Hwy 17 heading south. Hwy 17 will take you directly into Madrid. At the stop light in town, turn west (right) onto Hwy 210. Follow 210 out of town approximately 1 mile and turn north to Swede Point Park (will be clearly marked with signage).

### Race Packet Pickup

Packet pick-up will be held at the cabin in Swede Point Park. The cabin will be clearly marked. You may register at the time that you pick up your packer, however you will not be guaranteed a T-shirt.

### Parking

Parking will be available near the start/finish and post-race concert areas in Swede Point park. There will be volunteers directing traffic on the way into the event. **Please be aware if you arrive after 4:00 pm, there will be children on the course participating in the Monster Mile.**

### Monster Mile

The Monster Mile is a 1 mile fun run/walk that is open to participants of all ages. It is designed for children and families and everyone is encouraged to wear Halloween costumes. All children participating in the Monster Mile will receive a participation ribbon. **Following the Monster Mile, Team Tiger will be providing games and activities for the children for the duration of the 5k and 10k races.**

### Costumes

Everyone that is participating in the 5k and 10k races is encouraged to wear a Halloween costume, but it is not a requirement for the race. There will be an overall prize for the best costume as judged by the M Foundation Board of Directors.



# ROCKTOBER RUN

## After-Race Party

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### Remember To Bring

- **Picture ID**
- **Change of Clothing** (*if you wish to change before the concert*)
- **Lawn Chairs**
- **Cooler with Beverages**
- **All of Your Family and Friends!**

### Post-Race Meal

Jimmy's BBQ (Boone, IA) is providing the post-race meal. All participants in the 5k and 10k races will receive a meal ticket in their **pre-race packet**.

Additional or non-participant meals may be purchased at that time for \$7.



### Post-Race Concert

The post-race concert featuring Psycho Circus will be held on-site at Swede Point Park. Admission to the concert is included for all registered participants in the 5k and 10k races and the Monster Mile.

The public is also invited to the Psycho Circus concert. Admission to the concert for non-participants will be \$10 per person.

Psycho Circus is Des Moines' hottest Kiss cover band. The show features the band members in the original Kiss line-up's signature make-up and all the energy of Kiss's stage show. Psycho Circus will definitely make the 1st Annual Rocktober Run an event to remember!



# ROCKTOBER RUN

Sponsors

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