



with Madrid
Parks & Rec

Rocktober Run

October 23, 2010

Monster Mile Fun Run/Walk

5K/10K Run

Costume Contest

Location: Madrid, IA (Swede Point Park) Turn North off of Hwy. 210, proceed ½ mile north and turn left onto Swede Pt. Road.

Registration: Day of registration will start at 3:00 for all races. Monster mile will begin at 4:00, 5K/10K at 5:00

Course: paved roads and trails, 5K out and back, 10K loop

Awards: Monster Mile participation ribbons, 5K/10K overall male and female trophy, prizes to top three places male and female: 14 and under, 15-18, 19-29, 30-39, 40-49, 50-59, 60+, **Costume Contest top 3 in Monster Mile, 5K/10K overall**

Dinner and Music! BBQ dinner, along with the music of Psycho Circus (KISS cover band in FULL make-up), 7:00pm.

Mail to- M Foundation, PO Box 82, Madrid, IA 50156

Questions: Call Darren Douglas at 515-745-0201, or

e-mail: darren@RevolutionaryIQ.com

Please make checks payable to M Foundation

Please fill out all information completely.

Last Name: _____ First Name: _____ Age: _____ Gender M/F

Address: _____ City: _____ State _____ Zip _____

Email: _____

Race: (circle one) Monster Mile run/walk 5K 10K
T-shirt Size (circle one) child M L Adult S M L XL XXL

Registration: *Postmarked by Oct 13th- NO REFUNDS!!!*

Please mark how many participants in each category.

19 and over:	t-shirt size guaranteed/entrance to live music/dinner	\$30.00	\$_____
18 and under:	t-shirt size guaranteed/entrance to live music/dinner	\$15.00	\$_____
Monster Mile:	t-shirt size guaranteed/activities/entrance to live music	\$10.00	\$_____

***I'd like to make an donation to the M Foundation \$_____

TOTAL \$_____

After Oct. 13th or day of event

Please mark how many participants in each category.

19 and over:	t-shirt not guaranteed/entrance to live music/dinner	\$35.00	\$_____
18 and under:	t-shirt not guaranteed/entrance to live music/dinner	\$20.00	\$_____
Monster Mile:	t-shirt not guaranteed/activities/entrance to live music	\$10.00	\$_____

***I'd like to make an donation to the M Foundation \$_____

TOTAL \$_____

Waiver:

I certify to the best of my knowledge that I am physically fit and have no medical condition that could likely worsen by participating in this event. I am fully aware and assume all risks associated with participation in this event. I am fully aware that the race is run on public streets and highways and that limited traffic control will be provided and that participation could be hazardous. I understand running with headphones, dogs, and strollers is considered hazardous to my safety and sponsoring organizations and entities have recommended against it. In participating with headphones, dogs or strollers I assume responsibility for the risks involved. In considerations of this entry, I hereby for myself, my heirs, executors, assigns and administrators, waive and release all rights and claims against the race committee, Madrid schools, City of Madrid, Boone Co., officials and volunteers associated with the 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.

Signature: _____ (if under 18 years of age, parent or legal guardian)

Print Name: _____

Date: _____