



# Tornado Alley Run/Walk

**1 MILE FUN RUN/WALK  
5K RUN/WALK  
10K RUN**

- 1 Mile Fun Run/Walk begins at 8:00 AM.
- 5K & 10K Races and 5K Walk starts together at 8:30 AM.

**Algona Municipal Utilities  
104 W. Call Street  
Algona, Iowa**

**Due to construction of our new City Hall we will use the AMU building for our start/finish headquarters.**

**Sponsored by the  
Algona Recreation Department**

### Special Post Race attraction:

The Tornado Alley Run is in cooperation with the annual **Algona Band Day Festival**. This year the festival will feature over 25 bands and many floats in a beautiful parade through downtown Algona beginning at 1:00 PM. Many other activities are planned throughout the day in Algona.

### Age Divisions: (Run Only)

#### Men's & Women's

- 10-18
- Open (all 19-29)
- 30-39
- 40-49
- 50-59
- 60 & over

### Fee & Registration:

- Online registration available at [ZapEvent.com](http://ZapEvent.com).
- 5K & 10K: \$20 early registration, \$25 day of race.
- 1 Mile: \$15 early registration, \$20 day of race.
- Both include T-shirt and registration in prize drawing.

**Saturday, September 30, 2017  
Algona, Iowa**

### Registration:

Race packets may be picked up at the registration table in front of City Hall anytime between 6:45 and 8:15 AM on race day.

### Course route:

**NEW THIS YEAR**, both 5K & 10K routes begin and end at the City Hall site on Call St. Both routes are *extremely flat*, run entirely within the city limits. 10K route is run partially on our bike path. Route maps are available online at [www.ci.algona.ia.us/rec](http://www.ci.algona.ia.us/rec). *10K route has been slightly altered so look close! There is gravel at the turnaround.*

Splits will be given to all runners/walkers at 1 mile. 10K runners will also receive splits at 1/2 way and at the 5 mile marker. Water will be available twice to 5K runners/walkers and 3 times for 10K runners.

Algona Emergency Medical Service will provide emergency personnel on the route.

### 2016 Champions:

**5K Women** - Alisa Altman, Algona ----- 22:33  
**5K Men** - Riley Bauer, Bancroft ----- 16:55  
**10K Women** - Annie Neubauer, Iowa City ----- 45:05  
**10K Men** - Randy Sturm, Garner ----- 44:27

### Awards:

Medals will be awarded to the top 3 finishers in each division. Trophies will be given to the overall male and female champions in each race. No awards will be given to 1 Mile Run/Walk or 5K Walk participants. T-shirt with run logo will be given to all paid participants. A prize drawing will be held following the awards ceremony for all runners and walkers. Post race refreshments and prizes are compliments of Algona area businesses and the **Morwens Kiwanis Club**.



## Official Entry Form ♦ 2017 Tornado Alley Run/Walk

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Initial \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_  
( )

Phone \_\_\_\_\_ Email \_\_\_\_\_ Age \_\_\_\_\_ M/F \_\_\_\_\_

#### Event entered: (check one)

5K RUN \_\_\_\_\_  
 10K RUN \_\_\_\_\_  
 1 Mile Run/Walk \_\_\_\_\_  
 5K Walk \_\_\_\_\_

#### Divisions:

(5K & 10K Runners only)  
 10-18 \_\_\_\_\_  
 Open (all 19-29) \_\_\_\_\_  
 30-39 \_\_\_\_\_  
 40-49 \_\_\_\_\_  
 50-59 \_\_\_\_\_  
 60+ \_\_\_\_\_

#### T-shirt size (circle one)

Youth  
 M L  
Adult  
 S M L XL XXL

In consideration of acceptance of this entry, I release the City of Algona, supporting organizations and volunteers from any liability for any injury or accident I may suffer during the course of this event.

Your signature \_\_\_\_\_

Parent or guardian if under 18 \_\_\_\_\_

Return entry form and fee to:  
**Algona Recreation Department**  
 116 S. Thorington St.  
 Algona, IA 50511  
 Phone: 515-295-9251