

33rd Annual University of Okoboji Marathon
Marathon, Triathlon, 1/2 Marathon, 10K Run
Saturday, July 17, 2010



- * **Marathon:** 26 miles **Half Marathon:** 13.1 miles **10K Run:** 6.2 miles
Triathlon: .6 mile swim, 18 mile bicycle ride & 5.5 mile run
- **Starting time and Locations:**
 Marathon at 6 a.m. at Pikes Point State Park, Triathlon at 7 a.m. at Pikes Point State Park,
 1/2 Marathon at 8 a.m. at the Wahpeton Greenspace on Hwy 86 & the 10K Run at 9 a.m.
 from the Methodist Campgrounds.
- All marathoners receive participation medal. Awards to top finishers in each age category of all events with ceremony at 11 a.m. at Arnold's Park State Pier Finish Line.
- Course marked by spray paint. Aid stations located appropriately on the course & shuttle bus provided back to starting points following the races.
- Contestants must register and wear numbers on front to receive a time with Runner's packs, including t-shirts and instructions to be picked up at The Three Sons in Milford from **10 a.m. – 7 p.m.** on Friday July 16th, 2010.
- **Online registration closes 5 p.m. on Thursday, July 15th. Registration at The Three Sons closes at 7 p.m., Friday, July 16th. NO DAY-OF-EVENT ENTRIES Saturday, July 17th!**

Entries after Monday, July 12th add \$5 per event.

Register online & obtain race info at www.thethreesons.com by clicking on "Marathon Link".

Official Entry Form

University of Okoboji Marathon

Please Print:

Name _____

Age _____ Gender M _____ F _____ Email _____

Address _____ City _____ State _____ Zip _____

Email Address _____ Phone _____

Official Entry Form

University of Okoboji Marathon

Entries: Advanced registrations must be in by July 13, 2010.

Send to: University of Okoboji Homecoming, P.O. Box 499, Milford, IA 51351 (712)338.2424

Race Entering: Marathon (\$50) _____ Triathlon (\$50) _____
 Half Marathon (\$30) _____ 10K Run (\$30) _____

Waiver- All participants must sign, please!

I knowingly enter the 2010 University of Okoboji Homecoming race and/or races (marathon, half marathon, triathlon and 10K run) at my own risk and assume responsibility for any injuries or other damages I may incur as a direct or indirect result of my participation in any of the athletic events. I further agree that neither I, nor my heirs or assigns, will hold liable any representative of the University of Okoboji Marathon, its committee the cities of Arnolds Park, Okoboji, West Okoboji, Milford, Spirit Lake, Wahpeton and Dickinson County, IA, the officials and all people connected with the University of Okoboji Marathon (26 miles & 385 yards), Half marathon (13.1 miles), 10K Run (6.2 miles) and Triathlon as a result of injuries or damages sustained from my participation in any of these events. I further, hereby, certify that I am physically fit enough to participate in the race for which I am entered on July 17, 2010.

Signature: _____ Date: _____