

DURANT DUSK HUSTLE

Friday, August 8, 2008

Kids' Block Run @ 6:30p.m.
1-Mile Family Fun Run/Walk @ 6:45p.m.
5K Run @ 7:00p.m.



To help the Durant firemen celebrate their 64th anniversary, we will hold the fourth annual *Durant Dusk Hustle*. We will offer a kids' block run, 1 mile family fun run/walk, and a 5K run, all starting at JayCee Park. After the race, stay for Firemen's celebration activities.

COURSE: *Kids' block run (for children age 6 and under) will take place on the streets surrounding JayCee Park.
*One-mile course will start and finish at JayCee Park with the race staying in Durant.
*A 5K course starting and ending at Durant JayCee Park with the entire race running through town.
(Out & back course with slight incline & decline at 1 & 2 mile marks.)

REGISTRATION: \$14 (shirt guaranteed) if received by August 4th. Race day registration is \$16; shirt subject to availability.

FAMILY RATE: \$48 (up to 4 immediate family members); advance registration required and entry forms must be mailed together.

PACKET PICK-UP: Friday, August 8th starting at 5:00 p.m. at JayCee Park.

AWARDS: 5K overall male and female finishers. Awards to top 3 in each age group:

10 & under	11 -15	16 - 19	20 - 24	25 - 29	30 - 34	35 - 39
40 - 44	45 - 49	50 - 54	55 - 59	60 - 70	71 & over	

1 mile awards to top male and female finishers age 14 and under. Awards to top 3 in each age group:

6 & under	7-8	9-10	11-12	13-14
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REFRESHMENTS: Fresh fruit, Gatorade and popsicles will be available after the races.

PROCEEDS: Proceeds from the race will benefit the Bennett/Durant cross country programs.

For more information, call Kay Hein at 284-6726 or Teresa Flack at 785-4938, or e-mail: flackster@iowatelecom.net.

Make checks payable to: BDCCA (Bennett/Durant Cross Country Association)

Mail entries to: Teresa Flack, 405 3rd Street, Durant, IA 52747

DURANT DUSK HUSTLE

Name: _____ Address _____

City _____ State _____ Zip Code _____ Phone _____

Age _____ M _____ F _____ Race: 5K _____ 1 Mile _____ Block Run _____

Shirt Size: Child: S _____ M _____ Adult: S _____ M _____ L _____ XL _____ XXL _____

In consideration of this entry, I intend to be legally bound, for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims which may hereafter accrue to me against the officials of the run, and all sponsors for any and all accidents or injuries incurred by me at this event and while traveling to and from this event. I further state that I have trained adequately and am in suitable athletic condition to compete in the race I have entered.

Date: _____ Signature _____ E-mail _____

Parent signature (if under 18)

(For future race mailings)