

16th Marathon

to Marathon

JUNE 11, 2011

26.2 Mile Marathon, Half Marathon, Marathon Relay
5K Run/Walk, Tot Trot

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New option – Online Registration
www.GetMeRegistered.com
Paper Registration is also accepted

www.marathon2marathon.com
Results: www.fitnesssports.com

A Heartland USA Classic
Come enjoy Small Town Friendliness
and **BIG TIME FUN**

FRIDAY, JUNE 10, 2011
Storm Lake High School
621 Tornado Drive, Storm Lake, IA
5:30-8:00 p.m. Race Packets may be picked up
Registration for all races
5:30-8:00 p.m. Spaghetti supper available for purchase
7:30 p.m. Tentative program to be scheduled

SATURDAY, JUNE 11, 2011
Storm Lake High School
4:30-5:30 a.m. Race packets may be picked up
6:00 a.m. Marathon and Marathon Relay begin
6:05 a.m. Bus leaves for Half-Marathon
7:00 a.m. Half Marathon begins

Marathon Community Center
300 W Attica, Marathon, IA
6:30 a.m. 5K Run/walk Registration
7:00 a.m. Omelet breakfast available for purchase
7:30 a.m. 5K Run/Walk begins
8:00-8:15 a.m. Tot Trot registration
8:30 a.m. Tot Trot begins
8:45 a.m. Awards Ceremony for 5K Run/Walk
11:00 a.m. Awards Ceremony
Marathon-Half Marathon-Marathon Relay
11:00 a.m. Lunch available for purchase
11:30 a.m. Entertainment in the gym

RACE FACTS

Marathon and Half Marathon courses are USA Track and Field Certified and Sanctioned. Distances are accurate and eligible for state and national records.

Aid, Gatorade and water stations available every 2.5 miles.
(stations are closer towards the finish line)

FRESH FRUIT on the course
GU ENERGY GEL at mile markers 10, 15, and 21

Post-race refreshments will be available at the finish line.

Shower facilities are available at the Marathon Community Center. Please bring your own towel.

Bus service back to the Storm Lake High School. Buses located at S.W. Corner of Community Center in Marathon.

Race time guaranteed up to seven hours

Dri-Fit shirts will be given to Marathon and Half Marathon participants. T-shirts will be given to relay teams and 5K participants. Late registrants will not be guaranteed shirts.

For more information, contact:

Lois Lind
P.O. Box 262
Marathon, IA 50565
Phone (712) 289-2246 Fax (712) 289-2146
or
E-mail Joyce at joycelehman@yahoo.com

MARATHON	HALF MARATHON	MARATHON RELAY
TIME: 6:00 a.m.	TIME: 7:00 a.m.	Legs run approximately 5 miles, 5 miles, 5 miles, 5.6 miles, 5.6 miles
START: Storm Lake High School Storm Lake, IA	START: At halfway mark Transportation provided from High School at 6:05 a.m.	TIME: 6:00 a.m.
FINISH: Marathon Community Center, Marathon, IA	FINISH: Marathon Community Center Marathon, IA	START: Storm Lake High School Storm Lake, IA
FEE: \$50.00 \$60.00 after June 1, 2011 \$70.00 Race Day Free breakfast or lunch	FEE: \$40.00 \$45.00 after June 1, 2011 \$50.00 Race Day Free breakfast or lunch	FINISH: Marathon Community Center, Marathon, IA
DIVISIONS: Men and Women	DIVISIONS: Men and Women	FEE: \$100.00 per team of 5 runners \$110.00 after June 1, 2011 \$120.00 Race Day
AGE GROUP AWARDS: 19 and under 40-49 20-29 50-59 30-39 60-69 70 and older	AGE GROUP AWARDS 19 and under 40-49 20-29 50-59 30-39 60-69 70 and older	DIVISIONS: Men, Women and Co-ed (2 to 3 mix) (Transportation to exchanges provided)
AWARDS: Medallions for all Marathon finishers. Trophy to first male and female finishers. 1st, 2nd, and 3rd place finishers in each age group will also receive awards.	AWARDS: Medallions to Half Marathon finishers. Awards given to 1st, 2nd, and 3rd place finishers in each age group.	AWARDS: Given to 1st, 2nd, and 3rd place team finishers in each division. (NOTE: Please send the entry forms for all five participants along with one check for the entry fee together.)

The course is FLAT and FAST and on mostly farm to market roads with only a 15 foot drop in elevation from Storm Lake to Marathon.

"A runner friendly, Certified and Sanctioned Marathon in Iowa"

Marathon Records

Male – Bryan Postma – WA 2:31:08 (1996)
 Female – Kris Huff, TN 3:11:20 (2008)
 Wheelchair – Mary Thompson – CA 3:21:55 (2005)

Half Marathon Records

Male – Mark Plucinski – MO 1:24:18 (2006)
 Female – Amy Lindgren – MN 1:33:59 (2006)



June 11, 2011 Registration Form

One entry form per person
 All five relay participants must fill out individual forms and send forms in together.
 Photocopies are allowed.

RACE ENTERING

Marathon	Half	Relay	5K
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Name (Last,First)

Age on 6/11/11

Mailing address

City State Zipcode

Birth date Shirt size

Night time telephone number - -

S M L XL

Sex

If entering relay team what is the name of your team: _____

If you have run our full marathon before, this will be your _____ time.

E-mail Address _____

The undersigned acknowledges that the Marathon to Marathon races are voluntary and that I am voluntarily participating. I hereby release the Marathon to Marathon, its officers, volunteers, race officials, sponsors and all other parties from any claims, demands, or causes of action of every nature which arise out of or are connected with the Marathon to Marathon races and/or events.

The undersigned agrees that the above-mentioned parties shall be held harmless in the event of an accident causing damages or loss of property or injury to the undersigned. I have read the foregoing Release, understand its terms and voluntarily sign the same.

Date _____ Signature _____

Signature of Parent/Guardian if runner is under 18 _____

REGISTER ONLINE AT www.GetMeRegistered.com

PLEASE MAKE CHECKS PAYABLE TO "MARATHON TO MARATHON"

MAIL REGISTRATION FORM AND FEE TO:
 REGISTRAR, BOX 262, MARATHON, IA 50565

BAYMONT INN & SUITES 1726 North Lake Storm Lake, IA 50588 (800)-434-5800	3 & 71 CROSSROADS MOTEL 1323 Highway 3 Storm Lake, IA 50588 (712) 732-1456
SAIL INN 1015 E. Lakeshore Drive Storm Lake, IA 50588 (712)-732-1160 Sailinnmotel.com	CAMP BEAN BED & BREAKFAST 4955 210 TH Ave Albert City, IA 50510 (712) 843-5803
SUPER 8 MOTEL 101 W. Milwaukee Ave Storm Lake, IA 50588 (712)-732-3063 (800)-800-8000	LIGHTHOUSE INN 1601 E. Lakeshore Drive Storm Lake, IA 50588 (712) 732-5753
SUNRISE CAMPGROUND Storm Lake, IA 50588 (712) 732-8023 (800)-383-5378	KINGS POINTE Water Park Resort 1520 E. Lakeshore Drive Storm Lake, IA 50588 (712) 213-4500
BUDGET INN 1504 N. Lake Ave Storm Lake, IA 50588 (712) 732-2505 (800)-383-7666 Reservations only	INN ON ATTICA Marathon, IA 50565 (712) 289-2005

For more information see stormlake-ia.com (lodging)

Registration Fee:

___ \$50 Marathon (on or before 6/01/11)
 ___ \$60 Marathon (after 6/01/11)
 ___ \$70 Marathon Race Day

___ \$40 Half Marathon (on or before 6/01/11)
 ___ \$45 Half Marathon (after 6/01/11)
 ___ \$50 Half Marathon Race Day

___ \$100 Marathon Relay Team
 (on or before 6/01/11)
 ___ \$110 Marathon Relay Team (after 6/01/11)
 ___ \$120 Marathon Relay Team Race Day

___ \$20 5K Run/Walk (on or before 6/01/11)
 ___ \$25 5K Run/Walk (after 6/01/11)

DO NOT MAIL AFTER JUNE 1, 2011
SORRY, NO REFUNDS
 Online Registration closes on June 9, 2011.

5K RUN/WALK

TIME: 7:30 a.m.

START: Marathon Community Center, Marathon, IA

FINISH: Marathon Community Center, Marathon, IA

FEE: \$20.00
 \$25.00 after June 1, 2011

DIVISIONS: Men and Women

AGE GROUPS:

13 and under	40-49
14-19	50-59
20-29	60-69
30-39	70 -79
	80 and older

AWARDS: Given to 1st, 2nd, and 3rd place finishers in each age group.

WHEELCHAIR
 Wheelchair racers welcome for all events. Awards to first male and female.