

2018 Fourth Annual BUFFALO STAMPEDE

5K Trail Run & 1.5 Mile Buffalo Stroll Friday Evening, August 10, 2018 - Coggon, Iowa

The 4th Annual Buffalo Stampede is a 5K Trail Run. Run on gravel road, park trail, through water, some obstacles. Post-race clean-up available (bring own supplies). The 1.5 mile is a Stroll that will head north of Coggon on quiet gravel road. Open to walkers/runners of all ages; leashed dogs and strollers welcome. Both races start at the EAST end of Main Street in front of the Coggon Center.

5:30 PM – Registration: Race starts and ends at the east end of Main Street at 3rd Street N, near the churches. All registrants will be provided drinks and refreshments.

7:00 PM – 5K Trail Race Start: Prizes will be awarded to winners in the respective age brackets following the conclusion of the Trail Run. Medals to top 3 male and 3 female finishers in each age division.

5K Trail Run Age Brackets in Men’s and Women’s Divisions:

13 and under 15-19 20-29 30-39 40-49 50-59 60 and up

7:15 PM – 1.5-Mile Buffalo Stroll: Participation ribbons will be given.

- Coggon’s annual Harvest Home celebration is August 10, 11 and 12. There will be food, beer, wine tasting, music and entertainment on Main Street. Bring family and friends and enjoy the evening!
- Proceeds will help support the annual Coggon Harvest Home Celebration.
- For more information on other Harvest Home events or race updates, visit the [Coggon Harvest Home Facebook page](#) or www.coggonharvesthome.com.

Questions? Email CoggonRun@gmail.com Put “Buffalo Stampede” on subject line please.

Print and return bottom portion of this form with check payable to: Coggon Harvest Home. Or register online at <http://getmeregistered.com/CoggonBuffaloStampede>.

Mail registration to Amy Woods, 1877 Hutchinson Rd, Coggon, IA 52218. Must be postmarked by July 31, 2018 for a shirt.

I plan to participate in the: 5K Trail Run _____ 1.5-Mile Buffalo Stroll _____

Name _____ Age on August 10, 2018 _____ Gender M F

Address _____ City _____ State _____

Birthdate _____ Unisex shirt size (circle one) Adult S M L XL XXL Youth: YS YM YL

Phone number _____ E-mail Address _____

Pre-registration deadline is July 31, 2018. Shirts & sizes are not guaranteed for registrations postmarked after July 31, 2018.

5K Trail Run Entry Fee. \$30 if postmarked by July 31, 2018 (includes microfiber tech LS t-shirt). Day of Race - \$25 (no shirt)
Student Fee (19 & under). \$20 if postmarked by July 31, 2018 (includes microfiber tech LS t-shirt). Day of Race - \$15 (no shirt)

1.5-Mile Stroll Entry Fee. \$10 if postmarked by July 31, 2018 (includes short sleeve t-shirt). Day of Race - \$5 (no shirt)

Release of Liability

I hereby release the City of Coggon, Coggon Harvest Home, Coggon Lions Club, Linn County and its employees, Linn County Parks Department, private property owners, and all volunteers from illness or injury that I may sustain while participating in the Coggon Harvest Buffalo Stampede 5K Trail Run or 1.5-Mile Stroll. By signing below, I am also signifying that I am in proper physical condition to participate.

 Signature of participant (Parent or Guardian Signature if under 18)

Date _____