

# 2017 Third Annual BUFFALO STAMPEDE

## 5K Trail Run & 1 Mile Buffalo Stroll Friday Evening, August 11, 2017 - Coggon, Iowa

The 3<sup>rd</sup> Annual Buffalo Stampede has a new time (Friday Evening), a new format, and new starting location, both races start at the EAST end of Main Street in front of the Coggon Center.

This year's 5 K is a Trail Run with Kauder chip timing. Run on gravel road, park trail, through water, some obstacles. Post-race clean-up available (bring own supplies).

The 1 mile is a Stroll that will head north of Coggon on a quiet gravel road. Open to walkers/runners of all ages; leashed dogs and strollers welcome.

**5:00 PM – Registration:** Race starts and ends at the east end of Main Street at 3<sup>rd</sup> Street N, near the churches. All registrants will be provided drinks and refreshments.

**6:30 PM – 5K Trail Race Start:** Medals to top 3 male and female finishers in each age division.

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

13 and under    14-19    20-29    30-39    40-49    50-59    60 and up

**6:50 PM – 1-Mile Buffalo Stroll:** Participation ribbons will be given.

- Coggon's annual Harvest Home celebration is August 11, 12 and 13. 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, visit the [Coggon Harvest Home Facebook](https://www.facebook.com/coggonharvesthome) page or [www.coggonharvesthome.com](http://www.coggonharvesthome.com). Check for race updates on Facebook at [Buffalo Stampede 5k - Coggon Harvest Home](https://www.facebook.com/buffalostampede5k).

**Questions?** Email [CoggonRun@gmail.com](mailto: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 Buffalo Stampede. Or register online at <http://xxxxxxxxxxxx.com>.**

**Mail registration to Amy Woods, 1877 Hutchinson Rd, Coggon, IA 52218. Must be postmarked by July 31, 2017 for a shirt.**

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I plan to participate in the:      5K Trail Run      \_\_\_\_\_      1-Mile Buffalo Stroll      \_\_\_\_\_

Name      \_\_\_\_\_      Age on August 11, 2017      \_\_\_\_\_      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, 2017. Shirts & sizes are not guaranteed for registrations postmarked after July 31, 2017.**

**5K Trail Run Entry Fee.** \$30 if postmarked by July 31, 2017 (includes microfiber tech LS t-shirt). Day of Race - \$25 (no shirt)

**1-Mile Stroll Entry Fee.** \$10 if postmarked by July 31, 2017 (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-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 \_\_\_\_\_