



### Carlisle OutBack Challenge 10K

On The New OutBack Trail  
 Hills, Switchbacks & More Hills  
 The Toughest10K that we know of!  
 Do you have what it takes!  
 Bring your good legs!

Date: Saturday August 5

Time: 7:00 - 8:00 Walk-up registration

Start: 8:30 am

Location: 325 Scotch Ridge Rd. Carlisle IA 50047  
 Middle School Parking lot

Course: A paved out and back 10K course, negotiating rural countryside through switchbacks, hills, prairie and forest to the top of *Hard Brake Hill* where you descend to the North River valley, cross the bridge and repeat in reverse.  
**Good Luck! You will need it ☺**

Events: 10K timed race  
 2 Mile Fitness Walk  
 Kids 8 & under water balloon run (free)

Fee: \$35.00 before July 31  
 \$45.00 after July 31

Packet Pickup: Saturday Aug 5 7:00 am – 8:00 am  
 325 Scotch Ridge Rd. Registration table

Incentives: The OutBack Challenge is the 2<sup>nd</sup> of a two race series with the first being the Carlisle 1<sup>st</sup> of July Fun Run. Compete in both races and receive an awesome Specialized® brand water bottle made with taste & odor free *Purist™* technology. No more awful plastic tasting water.

Age Groups: 19 & Under, 20-29, 30-39, 40-49, 50-59, 60 & Over

Awards: Overall Award to Top Male & Female 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, Male & Female in each division

Food : Serving thick juicy Pork Chops on a stick and sweet corn as well as the regular fare of cookies, Gatorade, etc.

Contact: John Lins [johnjlins@gmail.com](mailto:johnjlins@gmail.com)  
 515-208-1993

Registration Link:  
[https://secure.getmeregistered.com/get\\_information.php?event\\_id=127122](https://secure.getmeregistered.com/get_information.php?event_id=127122)

Registration: Online- @getmeregistered.com search= Carlisle OutBack Challenge

Facebook Page: Carlisle Outback Challenge