



**New for 2019!
Youth 12 & under
run for free.**

Decorah Rotary's 8th Annual Loop de Loop

5K, 10K and Half-Marathon Registration

September 21, 2019 – Decorah, IA

Date and Time:

The Loop de Loop 5K, 10K and half-marathon will be held Saturday, September 21, 2019.

The races will begin at 8:00am with staggered start times for each race.

8:00am – half-marathon

8:15am – 10K

8:30am – 5K

The starting line will be located at the Decorah High School Baseball field on Claiborne Drive.

Registration: Early registration for the 5K and 10K run/walk is \$20 and can be completed online (www.decorahrotary.org) or mailed to Loop de Loop PO Box 442 Decorah, IA 52101. Early registration extends through Sunday, September 1. After that time the 5K and 10K registration fees will be \$25 through race day.

Youth registration (13 thru 18) of \$10 is for entry into all race events. (\$15 after September 1)

Half-marathon registration, which can also be completed online, is \$45 for early registration thru Sunday, September 1, then \$55 through race day.

T-Shirts will be mailed for all registrations received after September 13, 2019

Pre-registrations and online registrations will close at midnight, September 19, 2019.

Registration is available during packet pick-up.

Timing: This race will be timed utilizing a disposable timing chip system. Timing chips will be on the back of the race numbers. Race numbers should be pinned on your front between waist and chest height. Race number should not be covered while crossing the finish line.

Course: The course for the half-marathon and 5K and 10K will start just off Claiborne Drive near the Decorah High School baseball field. The half marathon will then proceed to the Trout Run Trail which is a closed loop path winding its way through the countryside on the outskirts of Decorah. The 5K and 10K will follow a flat course near the Upper Iowa River. Both races will finish at the start line. Course maps and elevations will be posted at on www.decorahrotary.org.

Courses will close and services discontinued after a 15 minute per mile pace for all races.

Packet Pick-up: Racers may pick up their race packets at City Hall From 5:00 -7:00 p.m. Friday, September 20, or the morning of the race on Saturday, September 21, from 6:30 -7:45 a.m. The city hall is located at 400 Claiborne Drive but you will enter the front of the building located on the Heivly Street side of the building.

Awards: Medals will be presented to all half-marathon finishers.

Specially commissioned and locally made memento awarded to each male and female event winner.

Aid stations and refreshments: Aid/water stations will be located approximately every 2 miles along the route and refreshments and snacks will be provided at the end of race.

Questions or Concerns: Questions and concerns about the race may be directed to decorahrotary@gmail.com.

Questions and information about the Decorah community, lodging and general visitor information may be directed to info@visitdecorah.com or www.visitdecorah.com

Due to the charitable purposes of this event, unfortunately we are unable to guarantee refunds of registration fees in the event the race is cancelled or rescheduled due to unforeseen circumstances.

Participant information:

Last Name: _____ First Name: _____

Sex: _____ Age (Sept. 21, 2019): _____ Date of birth: _____ Phone: _____

Address: _____ Email: _____

Event: (check one)

5K _____ 10K _____ Half-Marathon _____

Shirt Size:

SM _____ M _____ LG _____ XL _____ XXL _____

Women's cut Ts are available – please check here and size above: _____

Total amount of registration fee enclosed: \$ _____

Waiver:

I fully understand that training for and participating in activities such as 5K/10K/half marathons may result in accidents, illness, or serious injury. I am voluntarily participating in Loop de Loop (hereinafter the "event") sponsored by the Decorah Rotary Club (hereinafter "the Rotary Club") with complete understanding of the risks associated with participation in the event.

I further acknowledge that this event requires participants to be in proper physical condition. By signing this Waiver and Release Form, I declare that I am medically able, properly trained, physically fit, and capable of participating in the event. In consideration for being allowed to participate in the event, I agree to release and hold harmless the premises owner and the event's sponsors, including the Rotary Club, its affiliates, agents, and employees, from all liability for any injuries and/or illnesses that may directly or indirectly result from my conduct or from the negligence of other participants in the event, and/or from the negligence of the premises owner or the negligence of the sponsors of the event, including the Rotary Club, its affiliates, agents, and employees. I also acknowledge full and sole responsibility for any and all medical expenses that I may incur as a result of any injury and/or illness related to my participation in the event.

I understand and agree that this Waiver and Release is binding. I hereby grant my consent and permission to the Rotary Club, its affiliates, agents and employees, to use my name, photograph, videotape, motion picture recording, voice, or likeness for Rotary purposes, including pre and post event publicity. I have carefully read this Waiver and Release and fully understand its contents. By my signature below, I consent and agree to the terms of this Waiver and Release.

X _____
Signature of Participant Date

X _____
Signature of Parent or Guardian for minors (18 and under) Date