

99% Trails and Grass. 1% Blacktop
The Course

Both the 5 Mile/5K courses start on the grass, then utilize the trail system. The trail has ruts, rocks, stumps, roots and leaves, and other naturally occurring debris on it. Under certain conditions runners might also encounter mud, water hazards and slippery or icy conditions.

Awards & Refreshments

Awards will be presented to the overall male and female runners and walkers, as well as the overall Masters male and female runners. Awards will be presented 3 deep in each designated age group. No duplicate awards. Awards will be presented at approximately 3:30 p.m. in the park pavilion. Refreshments and sandwiches will be served in the pavilion.

Walkers

For walkers, judged race walking conventions apply. Requirements are continuous contact with the ground and straight locked knee in stride motion - no running. Walkers will be disqualified if not adhering to standards. Decisions of the judges are final.

Running
Divisions

11& Under 12-14
 15-18 19-24
 25-29 30-34
 35-39 40-44
 45-49 50-54
 55-59 60-64
 65-69 70-74
 75-79 80 - Over
 Heavyweight 190+lb
 (men only)

Walking
Divisions

39 & Under 45-49
 40-44 55-59
 50-54 65-69
 60-64
 70 & Over

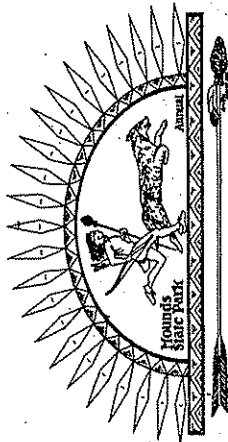
Results

Complete race results will be posted on our website within a few days of the event.
www.andersonroadrunners.org



Sanctioning provided by:
 Road Runners Club of America

RUN THE MOUNDS



**26th Annual
 November 4, 2007
 Race**

Children's Fun Run • Meet 1:20 p.m. at Pool House • race 1:30 p.m. Start
 (A FREE non-competitive run. No shirt included.)

5 Mile Run • 2:00 p.m. Start • in front of park "Woodland Shelter"
 5K Competitive Walk • 2:00 p.m. Start • in front of park "Woodland Shelter"

See our website for directions to Mounds State Park.
www.andersonroadrunners.org

Race Day Registration and Packet Pick-up

Pre-registered packet pick-up on south side of Pool House
 12 noon to 1:45 p.m. at the Mounds Park Swimming Pool

\$15 no shirt
 \$ 5 High School/Middle School Cross Country Runner - no shirt

Because of the costs involved, there will be no shirts available to purchase or order the day of the race. Shirts will not be mailed. *Only entries received before or on October 20th will be guaranteed a shirt!!!*

Parking at Mounds is limited. Arrive early to avoid problems. Please follow directions of park employees and race volunteers.

Artwork

Original artwork is by Lou Rae Downs, Jonesboro, IN

Race Flyer Design & Printing
 Hoosier Press

Race Director
 Greg Smith
 (765) 778-7087

gbsmith@insightbb.com