

18th Annual

HUSTLE

5k Run/Walk/Relay

When: Saturday, April 8, 2017
Where: Saints Mary & Mathias Catholic School
 2407 Cedar St. Muscatine, IA
 (Parking next door at High School)
Time: 9am
Fee: \$20 non-refundable
 \$18 Ss. Mary/Mathias Catholic School Students
 \$25 After April 2nd or race day until 8:30am
Packet Pick-up: Saints Mary & Mathias
 Catholic school
 Friday, April 7th (5-7pm)
 Saturday, April 8th (7:30-8:30am)

DIVISIONS

Individual Male/Female: 14 and under, 15-19,
 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54,
 55-59, 60-64, 65-69, 70 and over. Masters division:
 40 and over Male and Female Champions

*****NEW THIS YEAR – RELAY*****

2 or 3 participants can register together as a team with team members exchanging at mile markers. A trophy will be presented to the winning team. Teams are responsible for getting members to individual exchange points and to the finish line afterwards. See back for course & mile markers. **Each participant must submit a registration form and entrance fee (\$20/participant) and include team name.**

AWARDS

Trophy and prizes including NIKE sunglasses donated by Vision Center to overall male/female winners and teeth whitening kits donated by Clove Dental to overall male/female masters division winners. Prizes awarded to top three place winners in each age bracket. Water bottles donated by Family Eye to the first 150 registrants!

2017 Race Sponsors



**INTEGRATED THERAPY
 SPECIALISTS, PC**

PHYSICAL, OCCUPATIONAL, & SPEECH THERAPY

Co-owners:

Paul Kraushaar & Steve Wieskamp



Bark

Chiropractic and Rehab Clinic

Muscatine Medical Surgical Association

Calvin E. Atwell, M.D. F.A.C.S
 Nathan W. Scadlock, DNP, ARNP, FNP
 Jennifer A. Meyer, ARNP, FNP
 Rachel Creamer, ARNP, FNP

Kent Corporation

Fabricators Plus

Family Eye and Contact Lens Center

Dr. Mark Hansen, Dr. Pete Korpi,
 Dr. Tara Lukkarinen, Dr. Janell Kassel

Vision Center P.C.

First National Bank of Muscatine

Muscatine Foot and Ankle Clinic

Robert and Dawn Lagone DPM

Team Staffing

Credit Bureau of Muscatine

Clove Dental

Phoenix Products

KIDS HUSTLE

When: Friday, April 7, 2017
Where: Muscatine High School Track
Time: 5:45 pm
Fee: \$15 Pre Registration
 \$13 Current Ssmmcs Students
 \$18 Race Day
Packet Pick-up: Muscatine High School
 Track

Divisions

Boys/Girls
 Preschool 100yds
 K-1st grades 400m
 2-3rd grades 800m
 4-5th grades 1600m

Awards

Prizes to top three finishers in each division (K-5)
 Participation award given to all.

Kids Hustle participants are welcome to participate in the 5K with an adult at no additional charge

**Ssmmcs students will receive a special
 "Future Alumni" Shirt if registered before
 March 20!!**

ALUMNI SHIRTS!!

Please indicate if you are a Hayes or Ss. Mary and Mathias Catholic School alumni and you will receive a special "Alumni" shirt!

**Registration must be received before
 March 20!**

Name (please print) _____ Phone # _____ Age as of 4/8/17 _____ Sex _____

Address _____ City _____ State _____ Zip _____

Select Race: **5K / Relay (\$20)** _____ **Alumni Shirt Y / N** _____ **T-shirt only (\$15)** _____ **Kids Hustle (\$15)** _____
 (\$18 Ssmmcs Students) _____ (\$13 Ssmmcs Students) _____

Circle T-shirt Size: **Adult:** S M L XL XXL(\$3 extra) **Youth:** S M L

Please make checks payable to: Hustle and mail registration form and fee to 2407 Cedar St., Muscatine, IA 52761
 We will make every effort to honor your request but T-shirt size cannot be guaranteed. Please register early.

RELAY TEAM: _____ (team name) _____ (other members) _____ (to exchange at mile markers)

Additional tax deductible donation (optional) to Saints Mary and Mathias Catholic School _____

I know that participating in a road race is a potentially hazardous activity. I should not enter and compete unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, the effect of the weather, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Hustle committee, Saints Mary and Mathias Catholic School, and the city of Muscatine, and all participating sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature _____ Date _____
 (Parent or Guardian Signature for participants under age 18)



61

Highway 22

MILE 2

Duncan Dr

Cedar Plaza Dr

Houser St

Patrick Ln

Kaitlyn Dr

Marhan Dr

Jacqueline Dr

field Dr

W Fullam Ave

Green Acres Dr

W Bay Dr

Charaback Ln

START

Cedarwood Dr

MILE 3 FINISH

Imperial Oaks Dr

