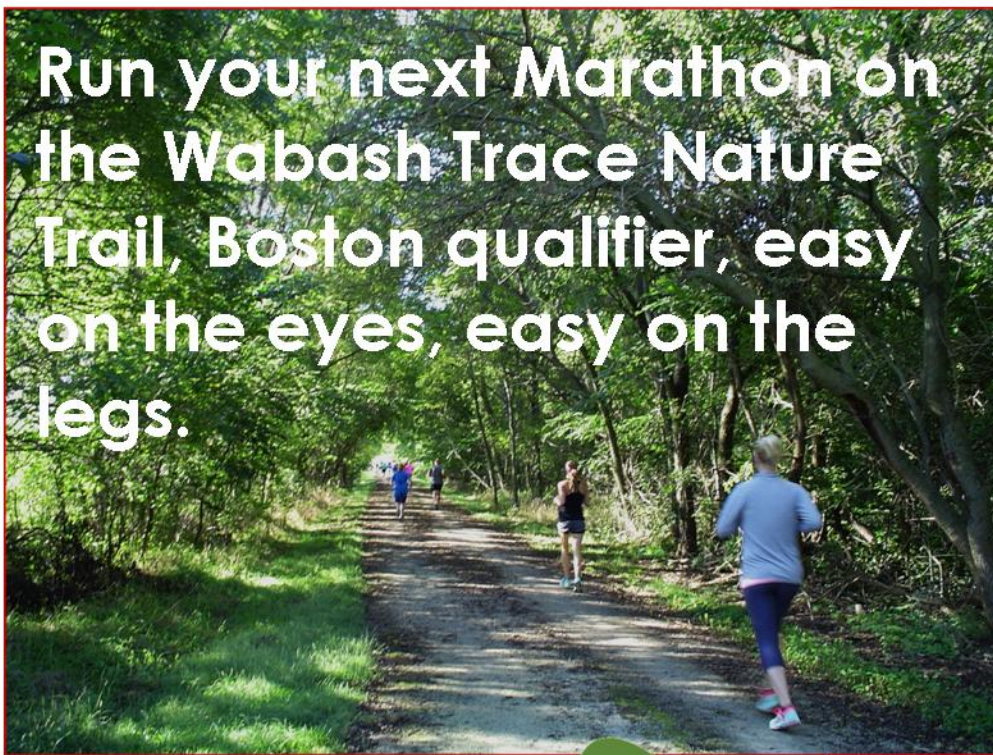


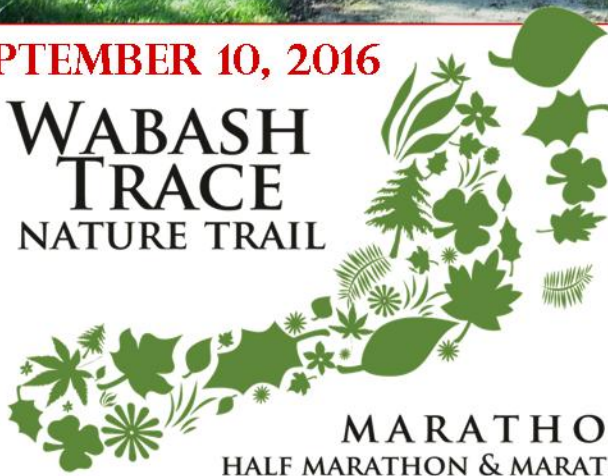
Run your next Marathon on the Wabash Trace Nature Trail, Boston qualifier, easy on the eyes, easy on the legs.



- Signup for Free bus for runners & drop bags from Shenandoah Depot, 101 Railroad Ave. to starts
- Pre-race pasta dinner night before the races at the Depot, 101 Railroad Avenue. Race packet pickup at 100 S. Maple St. Shenandoah on Friday Sept. 9, 5-8 p.m. or at start of each race.
- Relay legs distance varies to allow for exchange points at road intersections, team entries must be mailed together. Relay legs are responsible for own transportation to exchange points, link to course map @shenandoahiowa.net
- Tech shirts & medals to all finishers, age group and overall prizes. Awards to overall 1st-3rd in each gender & 1st & 2nd age division in 5 year increments from under 18 to 70 & over. Awards to 1st & 2nd Relay

SEPTEMBER 10, 2016

WABASH
TRACE
NATURE TRAIL



MARATHON
HALF MARATHON & MARATHON RELAY

MALVERN - IMOGENE - SHENANDOAH, IOWA

Teams.

- Profits go to Wabash Trace Trail and community sponsors Shenandoah Chamber & Industry Assn., Southwest Iowa Nature Trails, Sons & Daughters of Imogene, Malvern Area Betterment Assn.
- Entry forms at www.shenandoaiowa.net or www.getmeregistered.com. No entries accepted after Sept. 7, 2016, discount if registered by July 15, 2016. No race day registration or changing races.
- Special salute to Military & 1st Responders at the race starts. Music, food, beverages, awards after the races at the Depot. No awards, medals or t-shirts will be mailed.

5th Annual

Wabash Trace Nature Trail

Marathon, Half Marathon, Relay

2016 Salute to 1st Responders & Military

- Electronic chip timing for marathon & half marathon, chip time for overall relay team
- Wabash Trace Nature Trail is a tree-lined mostly flat converted railroad line that crosses through the scenic Iowa countryside. All three events are point-to-point races finishing in downtown Shenandoah, 6 hour time limit.
- Full Marathon & Marathon Relay (5 member teams: male, female, mixed or Military & 1st Responders) 8 a.m. start at East Mills High School in Malvern; Half Marathon 9 a.m. start in Imogene Main Street.
- Beverage & snacks stations approximately every 2 miles along course & finish. Unique & fun water stations, First aid emergency service along the course & at finish



Shenandoah Chamber & Industry Association www.shenandoahiowa.net



WABASH TRACE NATURE TRAIL MARATHON, HALF MARATHON & MARATHON RELAY 2016 ENTRY FORM

Shenandoah Chamber & Industry Assn.

619 W. Sheridan Ave., Shenandoah, IA 51601, 712-246-3455
 chamber@shenandoahiowa.net, www.shenandoahiowa.net,
 http://wabashtrace.org/, www.malvern.com

Register on line at
www.GetMeRegistered.com



I know running can be dangerous. I shall not hold responsible any of the parties that are included in the organization and management of the Wabash Nature Trail Marathon, including Southwest Iowa Nature Trails, Inc., Iowa Natural Heritage Foundation, Shenandoah Chamber & Industry Assn., the cities of Malvern, Strahan, Imogene, and Shenandoah, and Fremont, Mills, or Page Counties. Some of the dangers could include heat and humidity, twisted ankles, vehicles on the course, and other un-foreseen things. I have trained properly for this event, and am aware of the dangers and stresses that an event of this magnitude can include.

Name _____ Address _____ Email _____

City _____ State _____ Zip _____ Phone _____

Birthdate _____ Age _____ Sex: M F Previous race Time _____

Six hour time limit. Walkers should signup for the half marathon. USA Track & Field Certified Marathon Course, Boston Marathon Qualifying Course.

Race Entered, Please Circle: Marathon 1/2 Marathon Marathon Relay Team

Relay Team Name _____ Category: Mixed Female Male

Signature of Entrant, (parent or guardian if under 18) _____ Date _____

Sport-Tek Shirt Size: X-Small _____ Small _____ Medium _____ Large _____ X-Large _____

I am a repeat Wabash Trail runner _____ This is my 1st time running this race _____

Payment Included:

Marathon Early entry Fee \$70 _____ Marathon Late Entry Fee, after 7/15/16 \$90 _____

1/2 Marathon Early Entry Fee \$50 _____ 1/2 Marathon Late Entry Fee, after 7/15/16 \$70 _____

Marathon Relay Entry Fee \$40 _____ Marathon Relay Late Entry Fee, after 7/15/16 \$45 _____

Pasta Dinner, 5-8 p.m. At The Depot Restaurant, 101 Railroad Ave. \$10 _____

All fees are nontransferable and non-refundable. Make checks to SCIA. Mail To: Shenandoah Chamber & Industry Assn. 619 W. Sheridan Ave., Shenandoah, IA 51601, Fax 712-246-3456

Questions to: chamber@shenandoahiowa.net, 712-246-3455

- **Signup for Bus from Shenandoah Depot to the start. Drop Bags will be available at the start and will be transported to the finish. Relay legs are responsible for own transportation to exchange points.** 6:30 a.m. Marathon _____ 7:45 a.m. Half Marathon _____

For Hotel accommodations in Shenandoah Call Shenandoah Inn & Suites, 712-246-3000, Tall Corn Inn 712-246-1550, Express Inn & Suites 712-246-5733. Tent Camping available in Sportsman's or Rapp Park in Shenandoah contact Parks & Rec. at 712-246-3409. Malvern accommodations: Pierce Crossing is a guest house, Phone 712-624-8850. For RV camping at the Fairgrounds RV Park call Bob @ 712-520-6663 or Woody @ 402-740-4028.