



The Muddy Monster Cross Country Run September 2010

Dear Runner,

The 4th annual Muddy Monster Cross Country Run is now less than two months away! Please join us on Saturday, October 23rd as runners of all athletic abilities will convene at Seminole Valley Park in Cedar Rapids, IA. Choose your distance between a 15k run, 5k run/walk, 1 mile youth run (17 and under), or the Lil' Monster Dash.

For complete details, including registration, race information, and a timeline of events, please visit <http://muddymonster.com>.

Training Run Reminder

Next weekend we will have our first of two training runs at Seminole Valley Park (rain or shine). These casual runs will get started with stretching by ActivEdge Fitness. Everyone runs their own pace and you choose how far you would like to go.

- **When:** Sunday **September 12th** and **October 3rd** at **4pm**
- **Where:** Meet near the pavilion at [Seminole Valley Park](#)

Please note, non-registered runners are also invited. Receive a \$5 discount if you decide to register during the training run! We will have forms available on-site.

Why Not?

If you are consider participating in the Muddy Monster, why not...

- Register early and save money, get your name printed on a souvenir race bib, make the deadline to order a dri-fit shirt (optional), and give yourself some extra motivation for your training runs
 - Register on-line at Active.com or print and mail the registration form available on the race site
- [Send us](#) something to announce as you cross the finish line (a goal you achieved, something interesting about yourself, a shout out to family or friends, etc)
- Grab two fellow runners and sign-up as a team (5K only) - you are timed as an individual and as a team with no additional cost (if you have already registered, just contact us with the name of the individuals and team name)
- Consider making it a weekend outing by reserving a discounted room at the [Marriott](#) (guaranteed availability through Oct 13th)
- Follow us on Facebook - click [here](#) to become a fan!

- Join us at packet pick-up on Friday, 10/22 from 5:30-8:30pm at ActivEdge Fitness and avoid race day lines and take advantage of the following:
 - Receive your race goodie bag and your timing chip
 - Be one of the 1st 100 to arrive and receive an ActivEdge/Muddy Monster running towel
 - Chat with personal and physical therapy trainers
 - Visit with Running Wild for shoe fitting and running supplies
 - Receive your Genghis Grill dining discount and enjoy a pre-race heart healthy meal (located adjacent to ActivEdge)

Verify Your Registration Information

If you have already registered for the Muddy Monster, please go to the race [registration page](#) and verify your information. Why? It will help ensure that we have received your registration and that all of the information is accurate to ensure we can produce timely and accurate results on race day.

PLEASE NOTE: You can change your event (5K vs. 15K) and category (Age Group vs. Clydesdale /Athena) but you **MUST** contact us before race day! Unfortunately, anyone who changes events on race day without notifying the race director is subject to disqualification.

Race Timeline

Here is the complete schedule of events - mark your calendars!

- Sept 12th - 4pm: Training Run #1
- Oct 3rd - 4pm: Training Run #2
- Oct 8th - next registration price increase plus this is the due date to order a dri-fit shirt and to have your name printed on a souvenir race bib
- Oct 20th - availability of shirts/sizes can no longer be guaranteed
- Oct 22nd - 5:30 - 8:30pm: packet pickup at ActivEdge and Muddy Monster meal deal at Genghis Grill (last chance to avoid race day price increases)

Race Day

- 8:00 - Registration, packet and chip pick-up begins
- 9:00 - Costume judging begins
- 9:15 - Monster Mile and Lil' Monster Dash registration ends
- 9:30 - Monster Mile
- 9:45 - Lil' Monster Dash, registration ends for all events, and costume judging ends
- 10:00 - Pre-race meeting and 5K and 15K race start
- 11:00 - 5K awards
- 12:00 - 15K awards

Why Muddy Monster?

Muddy Monster offers a little of everything to make the event enjoyable for the whole family:

- Professionally managed including chip timing - receive your individual results almost immediately!
- Scenic course that is both participant and spectator friendly
- Great selection of post-race refreshments
- Post-race massage or adjustment for participants and fun activities for the kids
- Halloween fun including costume judging and awards (to be announced prior to the start of the 5K/15K run)
- All of the standards such as quality shirts, participant packets, and on-course support...and some of the extras including event photography
- Numerous door prizes thanks to our great sponsors (check for the posting at the finish line!)
- 15K finishers receive a souvenir pint glass and 15K age-group winners will receive a free entry into the 5th annual event in 2011

The Achilles Heel

The Achilles Heel is a non-profit, 501(c)(3) corporation and we have established a partnership with Variety, The Children's Charity, who provides funding to children's organizations. Read our [manifesto](#) and let your story be told.

Sponsors

The support of our sponsors allows us to provide a professional, first-class event. View the race site for a complete list including the following;

- Marriott Hotel
- ActivEdge Fitness Club
- Genghis Grill
- St. Luke's
- Mix 96.5
- Great Clips
- Carlson College of Massage Therapy
- Back in Line Family Chiropractic & Wellness
- Culligan Water
- Pepsi/Gatorade
- Running Wild
- Jolesch Photography
- Culvers Lawn and Landscape
- Variety of sponsors supporting post-race refreshments and participant race packets including Quaker, Clif Bar, Panera, Cabot, and Erin Bakers.

Mark your calendars for Saturday, October 23rd!

Contact us at: info@muddymonster.com