

Duesey Days Course Records

WOMEN

Certified 2M

13 & under	14:22	Katie Nauman	1998
14-19	11:47	Amber Lee	1996
20-29	12:18	Chris Cunningham	1998
30-39	11:59	Chris Cunningham	2001
40-49	13:28	Michelle Deverell	2007
50-59	14:14	Colleen Boran	2007
60&Over	19:24	Wanda Glade	1998

Certified 10K

13 & under	n/a		
14-19	41:45	Jane Krueger	1988
20-29	39:37	Jane Krueger	1991
30-39	39:05	Karen Dlouhy	1987
40-49	42:02	Michelle DeVerell	2003
50-59	44:47	Jeanne McCurnin	2007
60&Over	n/a		

MEN

Certified 2M

13 & under	12:23	Ben Lau	2003
14-19	10:11	Ryan McCurnin	2002
20-29	9:26	Leroy Popowski	1998
30-39	11:03	Dave Nauman	1994
40-49	10:44	Dave Nauman	2000
50-59	11:09	Dave Nauman	2006
60&Over	13:21	Dan Blake	2001

Certified 10K

13 & under	41:41	Melvin Sannicolas	1993
14-19	34:19	Chris Jensen	2001
20-29	32:28	Tom Zirbel	2000
30-39	33:38	David Brennan	1989
40-49	36:05	Curt Krieger	1994
50-59	39:04	Curt Krieger	2003
60&Over	42:29	Dwight Beavers	1997

Duesey Days Race Committee
c/o Lynn Keraus
805 W 11th Place
Garner, IA 50438

31 years & still running!



GARNER DUESEY DAYS RACE 10K & 2M JULY 10, 2010

*Both certified courses
And Sanctioned by USATF*

**Run or Walk
The oldest certified
course in Iowa!**

Saturday July 10, 2010

Both races start at 8:00 a.m. sharp!

**Day of registrations and check in time
7:00 a.m.**

Races begin & finish at

**Central Park in Garner
(6th & State)**

REGISTRATION

Fee is **\$12.00** if pre-registered by July 2, 2010

Fee is **\$15.00** the day of the race

Awards

Will be given directly following Race.

T-shirts will be given to first 150 that enter. Medals will go to the first 3 finishers in each division (male & female). Plaque awarded to overall male and female winners in both races.



Bring a friend!

Download & print this flyer from our website!

www.garneriachamber.com

Click on Duesey Days!

Age Divisions

- 13 & Under
- 14-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60 & Over

This is the oldest certified course in Iowa and has become an important race to serious runners. We do however encourage all runners and walkers to enter. We not only promote the spirit of competition, we also promote the value of fitness and health for everyone!

Our certified courses are all within city limits of Garner. Courses are flat and hard surfaced. It will be well marked and staffed with volunteers. Police will control the traffic.

An aid station will be set up at approximately the 2.5 and the 5 mile mark on the 10K course.

Portable toilets will be available at the start/finish.

After the race, Awards Ceremony, and drawings we invite you to stay and participate in the Duesey Days activities starting with a large parade at 10am.

See you at the starting line!

To Pre-Register by July 2, 2010 send this entry form along with your \$12.00 fee to:
Duesey Days Race Committee
c/o Lynn Keraus
805 W 11th Street Place
Garner, IA 50438
 Questions: Call Lynn @ 641-923-3272

2010 Entry Form (Please Print)

MUST be signed at bottom to compete!

Last Name _____

First Name _____

Mailing Address _____

City _____

State _____ **Zip** _____

Email: _____

Phone(____) _____

Event 10K _____ 2M _____

Gender Male _____ Female _____

Age on Race Day _____

T-shirt Size S M L XL

In consideration of the acceptance of my entry, I, the undersigned intending to be legally bound for myself, my heirs, executors and administrators do hereby release any and all sponsors of this race and their representatives successors and assigns from any and all liability arising from illness or injuries I may suffer as a result of my participation in this race. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race. I also understand and agree that my sponsor may subsequently use for publicity and/or promotional purposes my name and/or photograph, videotapes, motion pictures and recordings of me participating in the event without obligation or liability to me. I also understand that entry fees I pay are not refundable. I have read the foregoing and certify my agreement by my signature below.

Signature _____

(Signature of Parent if child is under 18 please)