



**Participant Name:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**T-Shirt Size:**    S    M    L    XL    2XL    3XL

**Competition Division (please select one):**

<u>Women</u>	<u>Men</u>
_____ Age 14 & under	_____ Age 14 & under
_____ Age 15-20	_____ Age 15-20
_____ Age 21-30	_____ Age 21-30
_____ Age 31-40	_____ Age 31-40
_____ Age 41-50	_____ Age 41-50
_____ Age 51 & up	_____ Age 51 & up

**Send your registration & payment to:**



10th Annual Timber Trot  
C/O Hidden Acres  
3837 Union Ave  
Dayton, IA 50530

**Payment**  
*Registration fee is \$25*

Payments accepted: Checks, Visa, MasterCard, Discover, Amex

Check # \_\_\_\_\_ OR

Credit Card # \_\_\_\_\_

Expiration: \_\_\_\_\_ / \_\_\_\_\_    3-Digit Security Code: \_\_\_\_\_

Amount to Charge to Credit Card: \$ \_\_\_\_\_

*If paying by credit card you may choose between mailing your registration to the address above or emailing it to [ryan.graden@hacamps.org](mailto:ryan.graden@hacamps.org)*



**10th Annual Timber Trot**

**Date:** Monday September 2, 2019 (the last day of Labor Day Family Camp at Hidden Acres)

**Check-in:** Check-in will begin at 7:00 a.m. You can register by filling out the registration form above and returning it to us. Runners can also register throughout the retreat weekend up until the race begins.

**Route:** The Timber Trot will start for all ages at 8:00 a.m. The route will be a 5K (3.1 miles) course that will take you through some of Hidden Acres' beautiful property. The course will be very similar to a cross country run, so you can expect to be on and off road throughout the race. Please know that you may encounter mud and wet areas along the course. This is a Run/Walk race so participants need not worry about their level of physical fitness. Simply enjoy the time and help us raise some funds!

**Conditions:** The race will be run rain or shine. Be prepared to endure any weather condition.

**Awards:** Awards will be given to the top finishers in each division (up to 6 for women and up to 6 for men). Times will be kept at the finish line.

**Refreshments:** There will be refreshments at the end of the race for participants. If you are a Family Camp guest and are signed up for brunch that morning, the meal will be served in the Dining Hall from 9:00 a.m. to 10:00 a.m.

**Purpose:** We are raising funds to add to our activity and program options for the camp.

**Questions?** If you have any questions, feel free to contact the Hidden Acres office at 515-547-2751 or Ryan Graden at 515-231-2675.