



Youth 12 & under
run for free!

Decorah Rotary's 9th Annual Loop de Loop

5K, 10K and Half-Marathon Registration

September 26, 2020 - Decorah, IA

Date and Time:

The Loop de Loop 5K, 10K and half-marathon will be held Saturday, September 26, 2020.

The races will begin at 8:00am with staggered start times for each race.

8:00am - half-marathon

8:15am - 10K

8:30am - 5K

The starting line will be located at the Decorah High School Baseball field on Claiborne Drive.

Registration:

Available online at <https://runsignup.com/Race/IA/Decorah/loopdeloop>

Or return this paper form to: Decorah Rotary Loop de Loop, PO Box 442, Decorah, IA 52101

Pricing now through Monday, September 7:

- Half Marathon: \$45
- 10K: \$20
- 5K: \$20

Pricing Tuesday, September 8, through Saturday, September 26:

- Half Marathon: \$55
- 10K: \$25
- 5K: \$25

Youth Registration for all events (13-17 years old): \$15

Youth Registration for all events (0-12 years old): Free

Online registration will close at midnight, September 24, 2020. In-person registration is available during packet pick-up listed below. T-shirt not guaranteed after September 24.

Packet Pick-up: Racers may pick up their race packets at Decorah City Hall From 5:00 - 7:00 p.m. Friday, September 25, or the morning of the race on Saturday, September 26, from 6:30 - 7:45 a.m. The city hall is located at 400 Claiborne Drive, but you will enter the front of the building located on the Heivly Street side of the building.

Course: The course for the half-marathon and 5K and 10K will start just off Claiborne Drive near the Decorah High School baseball field. The half marathon will then proceed to the Trout Run Trail, a looped and hilly path winding its way through the countryside on the outskirts of Decorah. The 5K and 10K will follow a flat course near the Upper Iowa River. Both races will finish at the start line. Course maps will be posted at on www.decorahrotary.org.

Courses will close and services discontinued after a 15 minute per mile pace for all races.

Timing: This race will be timed utilizing a disposable timing chip system. Timing chips will be on the back of the race numbers. Race numbers should be pinned on your front between waist and chest height. Race number should not be covered while crossing the finish line.

Awards: Medals will be presented to all half-marathon finishers. Specially commissioned awards provided to each male and female event winner. There are no age group awards.

Aid stations and refreshments: Aid/water stations will be located approximately every 2 miles along the route. Refreshments, including a brat and complimentary local beer (for event participants age 21 & over), will be provided at the end of race.

Questions or Concerns: Questions and concerns about the race may be directed to decorahloopdeloop@gmail.com.

Due to the charitable purposes of this event, we are unable to guarantee refunds of registration fees in the event the race is cancelled or rescheduled due to unforeseen circumstances.

Participant information:

Last Name: _____ First Name: _____

Sex: _____ Age (Sept. 26, 2020): _____ Date of birth: _____ Phone: _____

Address: _____ Email: _____

Event: (check one)

5K _____ 10K _____ Half-Marathon _____

Shirt Size:

XS _____ SM _____ M _____ LG _____ XL _____ XXL _____ XXXL _____

Total amount of registration fee enclosed: \$ _____

Waiver:

I fully understand that training for and participating in activities such as 5K/10K/half marathons may result in accidents, illness, or serious injury. I am voluntarily participating in Loop de Loop (hereinafter the "event") sponsored by the Decorah Rotary Club (hereinafter "the Rotary Club") with complete understanding of the risks associated with participation in the event.

I further acknowledge that this event requires participants to be in proper physical condition. By signing this Waiver and Release Form, I declare that I am medically able, properly trained, physically fit, and capable of participating in the event. In consideration for being allowed to participate in the event, I agree to release and hold harmless the premises owner and the event's sponsors, including the Rotary Club, its affiliates, agents, and employees, from all liability for any injuries and/or illnesses that may directly or indirectly result from my conduct or from the negligence of other participants in the event, and/or from the negligence of the premises owner or the negligence of the sponsors of the event, including the Rotary Club, its affiliates, agents, and employees. I also acknowledge full and sole responsibility for any and all medical expenses that I may incur as a result of any injury and/or illness related to my participation in the event.

I understand and agree that this Waiver and Release is binding. I hereby grant my consent and permission to the Rotary Club, its affiliates, agents and employees, to use my name, photograph, videotape, motion picture recording, voice, or likeness for Rotary purposes, including pre and post event publicity. I have carefully read this Waiver and Release and fully understand its contents. By my signature below, I consent and agree to the terms of this Waiver and Release.

X _____
Signature of Participant Date

X _____
Signature of Parent or Guardian for minors (17 and under) Date