



# MAMM 2024

## MONROE 38th MICRO MARATHON August 3, 2024 | 8:00 a.m. | 5K run/walk & 10K run

### REGISTRATION AND START LOCATION:

- Pre-registration deadline – **AUGUST 1 by 5 pm online, walk-up registration is available day of race. Please do not mail entry after July 30.**
- Race Day registration and Race Bib Pick-up is from 6:30 a.m. – 7:30 a.m.
- \$25 for online registration: <https://www.runreg.com/monroe-38th-annual-micro-marathon>
- \$28 for walk-up day of race registration
- \$12 for current PCM students, Free if you do not want a t-shirt

Race will begin at 8 a.m. at the Red Rock Park located at the intersection of business Hwy. 163 and Marion St. in Monroe, Iowa.

*\*If you are running the 10K, you must be able to finish in 1 hour and 15 minutes, we are a small race and cannot accommodate walkers in this category, due to availability of volunteers. We encourage walkers to enter the 5K.*

**PCM Students NOT wanting a shirt: you still must go through the registration process for legal purposes (online, through mail, race day registration or make arrangements to get a waiver to Phyllis Peter or Melissa Chipps. See their contact information below. You cannot run without a signed waiver)**

### AWARDS:

Race Results posted as soon as possible on MAMM Facebook page and on [www.aatiming.com](http://www.aatiming.com) 1<sup>ST</sup>, 2<sup>ND</sup>, and 3<sup>RD</sup> place medals will be awarded to the first three male and female finishers of the 5K and 10K in each of the following age divisions as well as a prize for the youngest and oldest participant in the 5K. Overall male/female race winners in both the 5K and 10K will receive a custom made Medal Display/PR chalkboard!

**ALL AGE DIVISION WINNERS MUST BE PRESENT AT AWARDS CEREMONY TO RECEIVE YOUR MEDAL, we cannot mail medals to winners.**

This race is part of the Monroe Old Settler's Celebration, after the race be sure and enjoy the activities on the Town Square, and food stands.

The race includes 2 water stations for the 5K and 4 water stations on the 10K. Water and Powerade and snacks will be available at the finish line. A race map is on our race FB page, and we will have volunteers on the course directing runners, as well as spray painted arrows on the street at all turns. We will not cancel this race due to heat, we encourage you to know your fitness level. We will only postpone or cancel due to lightning or severe storms, watch our FB page "MAMM Road Race" for weather-related announcements on race morning.

### QUESTIONS:

- Phyllis Peter: 515.577.3912 | [ppeterlibrary@gmail.com](mailto:ppeterlibrary@gmail.com)
- Melissa Chipps: 515.402.3118 | [melissaleachipps@gmail.com](mailto:melissaleachipps@gmail.com)

Mail to: MAMM | P.O. Box 483 | Monroe, Iowa 50170

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Current PCM student? \_\_\_\_\_ (t-shirt cost only)

Age on the day of the race, we need this to put you in the correct age category for awards: \_\_\_\_\_

Sex (circle one) M F Distance (circle one) 5K 10K

T-shirt size (Adults) (circle one) S M L XL XXL 3XL

T-shirt: (Youth) Youth Small, Youth Med, Youth Large, Youth XL

In consideration of your acceptance of this entry, I hereby for myself, my heirs, executors, and administrators waive any and all rights and claims for damages I have against individuals associated with this event, their agents, representatives, sponsors, the City of Monroe, and their representatives, successors, for all and any injuries to me in this event. I attest and verify that I have full knowledge of the risks involved in this event and that I am physically fit and trained to participate and I also give permission to use my name and picture in any broadcast, telecast, or news article.

Signature \_\_\_\_\_ Parent/guardian must sign if runner is under 18 years of age