

# Strawberry Stampede

¼ MILE RUN (6 & UNDER)  
1 MILE RUN (14 & UNDER)  
FAMILY RUN, ALL AGES

**38<sup>th</sup> Annual**  
**ONE DATE THIS YEAR!!**  
**FAMILY FUN FOR ALL AGES!!**

**Sunday June 12, 2022**  
**Long Grove, Iowa**

## 2022 Theme - "We're finally under one roof again!"

### Pre Race Ceremonies

- Announcements in front of the Community Center at 8:50
- Benediction blessing
- National Anthem with presentation of the flag

### Competitive Run/Walk - (1/4 mile - ages 0-6, 1 mile - ages 0-14)

- ¼ mile run (GIRLS ONLY) - 9:00 am (starts at Grove & 1<sup>st</sup>)
- ¼ mile run (BOYS ONLY) - 9:15 am (starts at Grove & 1<sup>st</sup>)
- 1 mile run (BOTH BOYS & GIRLS) - 9:30 am (starts near gazebo)

### 3<sup>rd</sup> Annual Family Run/Walk - FOR ALL AGES (ages 0-99)

- This is a **non-competitive** 1 mile fun run/walk
- Race starts near the gazebo
- **LINE UP BEHIND THE YOUTH 1 MILE PARTICIPANTS!**
- Race starts exactly 1 minute after start of youth 1 mile race (9:31 am)
- **FUN FOR THE ENTIRE FAMILY!**

### Registration Fees - SIGN UP EARLY AND SAVE!!

- Before May 5<sup>th</sup>: 1<sup>st</sup> person - \$20.00; 2<sup>nd</sup> person - \$18.00; 3<sup>rd</sup> person and beyond - \$16.00
- Before June 5<sup>th</sup>: 1<sup>st</sup> person - \$22.00; 2<sup>nd</sup> person - \$21.00; 3<sup>rd</sup> person and beyond \$20.00
- For the family discount, you **MUST** be pre-registered, be from same household, and mailed together
- Pre-registration ends June 5<sup>th</sup>. **After that you must sign up race morning!! YES, you can still sign up!**
- Packet Pickup and Race Day Registration behind the Community Center - 7:30 am to 8:45 am. **PLEASE ARRIVE EARLY!!**
- Packet Pickup will also be available at the Community Center on Saturday June 11<sup>th</sup> 10:00-2:00.
- Race Day Registration fee is \$30.00 for all races (**t-shirt not guaranteed**)

### Post Race Festivities

- Door prizes will be awarded immediately after the 1 mile race. You **MUST** be present to be eligible for all door prizes.
- **BERRY BISTRO** - Post-race refreshments for all paid participants
- Presentation of youngest and oldest entrants (must be pre-registered)
- Presentation of the age division trophies (youth runs only)

### Personalized Bib Numbers

- Add your first name, last name, nickname, etc, as you want it to appear on the bib number. **Due to our printing deadline we MUST have entries in BEFORE MAY 10<sup>th</sup>**

### Amenities

- Good-looking t-shirt (guaranteed to all pre-registered entrants)
- Special Limited Edition medal for all finishers (this is earned!)
- Vender freebies and discounts in race packets (pre-registered only)

### 74 TROPHIES AWARDED

<u>¼ mile run</u>	<u>1 mile run</u>
2 & under	8 & under
3-4, 5-6	9-10, 11-12, 13-14

- ❖ Trophies to overall winners, male & female, all races
- ❖ Trophies to top 5 in each age division, male & female, all races
- ❖ Youngest and Oldest entrants (pre-registered, male and female)

### 250+ DOOR PRIZES

Bicycles, movie passes,  
vendor discounts, etc!  
You must be present to win!

### ALL-SCHOOL CHALLENGE (Grades K-8, 2021-22)

The top three schools to enter the most participants / total full-time enrolled, their P.E. /sports department shall receive:

1<sup>st</sup> - \$150, 2<sup>nd</sup> - \$100, 3<sup>rd</sup> - \$50

**SEE REVERSE SIDE FOR MORE INFORMATION**

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## Additional Race Information

- **WE ARE NOT VIRTUAL. WE WERE NEVER VIRTUAL.** Everything happens in Long Grove.
- The oldest youth-only race in the Quad-City area and beyond!
- Race route maps and other up-to-date info – [see Facebook](#)
- Accurate wheel-measured distances!
- Complete results in the *North Scott Press*
- Strollers and those being carried **MUST** start in the back and allow those on their own feet finish before you (be fair - trophies are at stake!)
- **SORRY, THERE ARE NO REFUNDS OR TRANSFERS!**
- Questions? Contact Scott Hoag, race director: [shoag@netins.net](mailto:shoag@netins.net)

**We appreciate our generous sponsors!! PLEASE SUPPORT THEM WHEN DOING BUSINESS!**

**ALPHABETICAL (as of printing deadline):** 2 Sisters Resale n' Gifts, Advanced Eyecare, Advantage Tree Service, Amhof Trucking, Atlantic Bottling Company, Backwards Yoga, C.R. Landscapes & Lawn, Central Scott Telephone Company, Classic Concepts Dental, Cobra Graphics, Commercial Printers, Eastern Iowa Tire, Eldridge Body Shop, First Central State Bank, Gottschalk Services, GreenState Credit Union, Greg Whitesides Painting, Haffarnan & Associates, Ihrig Works, Innovative Machine, Keith & Company, Kirby Water Conditioning, Kline Sewer & Drain, Luminous Dance Force. Mike's Floor Pro, North Scott Pharmacy, North Scott Press, Porter Insurance. QC Jeeps.com, Salon Del Ray, Scott County Lawns, Scott Hoag Photography, Sierk Orthodontics, Sips Coffee, Steve's Auto Sales, Superior Plumbing, Terry Knutsen Builder, White Roofing

**PLEASE CUT BOTTOM PORTION OFF AND SEND IN WITH PAYMENT – KEEP TOP PORTION FOR YOUR INFORMATION! - DON'T FORGET TO FILL OUT WHAT SIZE SHIRT YOU WANT!**

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Name **(1 entry per person):** \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Date of birth: \_\_\_\_\_ Age as of 6/12/2022: \_\_\_\_\_

Official Use

Race: **(PLEASE CIRCLE ONE):** Family Fun Run/Walk (ages 0-99) | 1/4 mile race (ages 0-6) | 1 mile race (ages 0-14)

School name (K-8 only): \_\_\_\_\_ Amount Enclosed (\$): \_\_\_\_\_

Name/nickname to appear on race bib **(See deadline!)**: \_\_\_\_\_

**T-Shirt Size** (pick all that apply)  
YS YM YL AS AM AL XL 2XL 3XL 4XL  
❖ Extra shirts are \$10 each  
❖ 2XL - 4XL additional \$5.00

**Waiver of Liability:** In consideration of acceptance of my entry, or my child's entry (speaking on his/her behalf), recognizing that this is a potentially dangerous event, I intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damage that may occur as a result of myself, for my participation or child's participation in this event. I release the Strawberry Stampede, Long Grove Civic League, City of Long Grove, all sponsors, race officials and volunteers associated with this event from all liability. I consent the use of any photographs taken for advertising/promotion of this event. I promise to exercise a minimum of 6-foot social distancing.  
**Unsigned waiver will NOT be accepted! Copies of this form may be used.**

Date: \_\_\_\_\_ Signature (or parent if under 18): \_\_\_\_\_

**Make checks payable to:**  
**Strawberry Stampede**  
P.O. Box 194  
Long Grove, Iowa 52756  
**SORRY, NO REFUNDS!**