



M*A*M*H



OPERATION: TAKE BACK MEMORIAL DAY!

4+ mile hike/run through Wild Cat Den State Park

May 17th, 2025

Register at muscomamda.com

- **\$30 prior to race day / Get registered by May 3rd for a guaranteed shirt!**
- **\$35 day of race (cash, check or Venmo, no t-shirt guarantee)**

Raceday: Main parking-start/finish line is at the upper campground.

Overflow parking at lower campground. Day of registration opens at 0630 hrs / Opening speech 0730 hrs. / National Anthem at 0750 hrs. / race starts 0800 hrs.

(Run or ruck/hike/walk). Suggested to wear a weighted ruck or pack...if you are tough enough!)

Awards for:

- **Runner age groups: 1st place overall male & female, 1st, 2nd & 3rd place (male & female) in age groups 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80**
- **Hiker/walker groups: 1st place overall male & female, male & female heaviest ruck/pack finisher (weighed on-site before and after)**

*****Race route memorials can be submitted to be displayed along the race route at our website by scrolling to the bottom of the page*****

Food and beverages available for purchase. Veterans service organization booths available. See website for details and sponsors!

How to register as a volunteer or financial sponsor: email your interest to musco.mamda@gmail.com

Donations can be made through the race registration link, at muscomamda.com or Venmo QR code

Event coordinator contact: John Hesseling 563-506-9945 or musco.mamda@gmail.com



venmo