

Set your  
next PR on  
**The  
Wabash  
Trace  
Nature Trail**  
a Boston  
Marathon  
qualifier



**SEPTEMBER 9, 2017**

**WABASH  
TRACE  
NATURE TRAIL**



**MARATHON**  
HALF MARATHON & MARATHON RELAY  
& FUN RUNS

**MALVERN - IMOGENE - SHENANDOAH, IOWA**

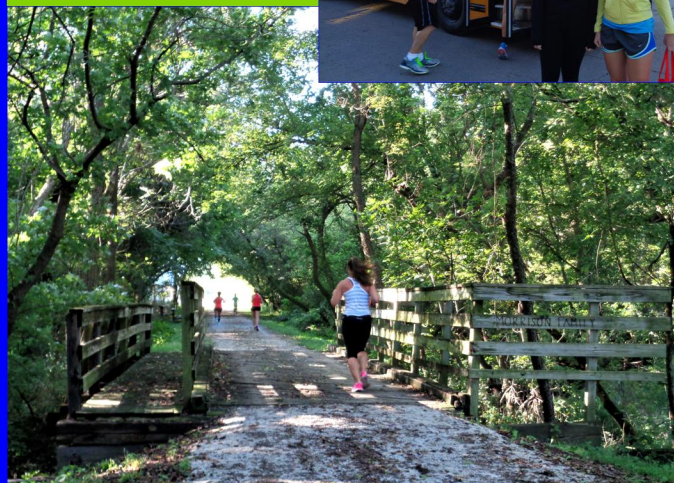
**6th Annual**

**Wabash Trace Nature Trail**

**Marathon, Half Marathon, Relay , & Fun Runs**

- Electronic chip timing for marathon & half marathon, chip time for overall relay team (Fun Runs not timed)
- Wabash Trace Nature Trail is a tree-lined mostly flat converted railroad line that crosses through the scenic Iowa countryside. All three events are point-to-point races finishing in downtown Shenandoah, 6 hour time limit.
- Full Marathon & Marathon Relay (5 member teams: male, female, mixed or Military & 1st Responders) 8 a.m. start at East Mills High School in Malvern; Half Marathon 9 a.m. start in Imogene Main Street.
- Beverage & snacks stations approximately every 2 miles along course & finish. Unique & fun water stations, First aid emergency service along the course & at finish

- Signup for Free bus for runners & drop bags from Shenandoah Depot, 101 Railroad Ave. to starts
- Pre-race pasta dinner night before the races at the Depot, 101 Railroad Avenue. **Packet Pickup** at 100 S. Maple St. Shenandoah on Friday Sept. 8, 5-8 p.m. or at start of each race.
- Relay legs distance varies to allow for exchange points at road intersections, team entries must be mailed together. Relay legs are responsible for own transportation to exchange points, link to course map at [www.shenandoahiowa.net](http://www.shenandoahiowa.net)
- Tech shirts & medals to all finishers, age group and overall prizes. Awards to overall 1st-3rd in each gender & 1st & 2nd age division in 5 year increments from under 18 to 70 & over. Awards to 1st & 2nd Relay Teams.
- Profits go to Wabash Trace Trail and community sponsors Shenandoah Chamber & Industry Assn., Southwest Iowa Nature Trails, Sons & Daughters of Imogene, Malvern Area Betterment Assn.
- Entry forms at [www.shenandoahiowa.net](http://www.shenandoahiowa.net) or [www.getmeregistered.com](http://www.getmeregistered.com). No entries accepted after Sept. 6, 2017, discount if registered by July 14, 2017. No race day registration or changing races.
- Malvern is the featured town at this year's race. Music, food, beverages, awards after the races at the Depot. No awards, medals or t-shirts will be mailed.
- New Fun Runs— Malvern 5K follows the marathon route and runs to trail turnaround and back. Depot to Depot Run in Shenandoah 2.4 miles, starts at Sportsman's Park Wabash Depot, runs marathon route to finish line. Both start at 8:30 a.m. No timing on fun runs.



**Shenandoah Chamber & Industry Association [www.shenandoahiowa.net](http://www.shenandoahiowa.net)**



**WABASH  
TRACE  
NATURE TRAIL  
MARATHON,  
HALF  
MARATHON,  
MARATHON  
RELAY  
& FUN RUNS  
09/09/2017  
ENTRY FORM**



**Shenandoah Chamber & Industry Assn.**

619 W. Sheridan Ave., Shenandoah, IA 51601, 712-246-3455  
chamber@shenandoahiowa.net, www.shenandoahiowa.net,  
http://wabashtrace.org/, www.malvern.com

Register online at  
**www.GetMeRegistered.com**



I know running can be dangerous. I shall not hold responsible any of the parties that are included in the organization and management of the Wabash Nature Trail Marathon, including Southwest Iowa Nature Trails, Inc., Iowa Natural Heritage Foundation, Shenandoah Chamber & Industry Assn., the cities of Malvern, Strahan, Imogene, and Shenandoah, and Fremont, Mills, or Page Counties. Some of the dangers could include heat and humidity, twisted ankles, vehicles on the course, and other un-foreseen things. I have trained properly for this event, and am aware of the dangers and stresses that an event of this magnitude can include.

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

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Birthdate \_\_\_\_\_ Age \_\_\_\_\_ Sex: M F Previous race Time \_\_\_\_\_

**Six hour time limit, No entries accepted after 9/06/2017, Walkers should signup for the half marathon or fun runs. USA Track & Field Certified Marathon Course, Boston Marathon Qualifying Course.**

**Race,** Circle one: Marathon 1/2 Marathon Marathon Relay Team Malvern 5k Depot-Depot 2.4

Relay Team Name \_\_\_\_\_ Category: Mixed Female Male

**Signature of Entrant, (parent or guardian if under 18)** \_\_\_\_\_ **Date** \_\_\_\_\_

Sport-Tec Shirt Size: X-Small \_\_\_\_\_ Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large \_\_\_\_\_

Youth Small \_\_\_\_\_ Youth Medium \_\_\_\_\_ Youth Large \_\_\_\_\_

**New** Shenandoah Depot to Depot 2.4 mile Early Entry Fee \$25 \_\_\_\_\_ Late fee after 7/14/17 \$35 \_\_\_\_\_

**New** Malvern 5K Early Entry Fee \$25 \_\_\_\_\_ 5K Late fee after 7/14/17 \$35 \_\_\_\_\_

Marathon Early entry Fee \$70 \_\_\_\_\_ Marathon Late Entry Fee after 7/14/17 \$90 \_\_\_\_\_

1/2 Marathon Early Entry Fee \$50 \_\_\_\_\_ 1/2 Marathon Late Entry Fee after 7/14/17 \$70 \_\_\_\_\_

Marathon Relay Entry Fee \$40 \_\_\_\_\_ Marathon Relay Late Entry Fee after 7/14/17 \$45 \_\_\_\_\_

**Pasta Dinner, 5-8 p.m. At The Depot Restaurant, 101 Railroad Ave. \$10 \_\_\_\_\_**

**All fees are nontransferable and non-refundable. Make checks to SCIA. Mail To: Shenandoah Chamber & Industry Assn.** 619 W. Sheridan Ave., Shenandoah, IA 51601, Fax 712-246-3456

Questions to: chamber@shenandoahiowa.net, 712-246-3455

- **Signup for BUS transport from Shenandoah Depot to the start. Drop Bags at the start and will be transported to the finish. Relay legs are responsible for own transportation to exchange points.**

**6:30 a.m. Marathon (to Malvern) \_\_\_\_\_ 7:45 a.m. Half Marathon (to Imogene) \_\_\_\_\_**

Hotel accommodations in Shenandoah: Call Shenandoah Inn & Suites, 712-246-3000, Tall Corn Inn 712-246-1550, Super 8 Motel 712-246-5733. Tent Camping available in Sportsman's or Rapp Park in Shenandoah contact Parks & Rec. at 712-246-3409. Malvern accommodations: Pierce Crossing guest house, Phone 712-624-8850. RV camping at the Fairgrounds RV Park call Bob @ 712-520-6663 or Woody @ 402-740-4028.