

Run4Troops

July 3, 2009



Join us to honor the men and women in uniform who serve our country and preserve our independence.

Proceeds go to support Military families in the Tri-State area

Date: Friday July 3, 2009

Time: 7 am Start

Begins at Heritage Trailhead Dyersville, IA

Ends at Heritage Pond, Dubuque, IA

During the week of June 29th -July 3rd, Mike Hodge will run / walk from Dyersville to Dubuque each day on the Heritage Trail to show thanks to those who serve our country. We invite you to assemble a relay team and join him on July 3rd as he completes the journey. We will accept team donations of any amount. Team sponsors contributing \$200.00 or more will be listed on the event T-shirt. In addition, each participating individual will be asked to contribute \$10.00.

Teams will be given an American flag and it is up to them to relay the flag from Dyersville to Dubuque on the Heritage Trail at whatever intervals they choose. In keeping with the military theme, each team will be required to organize their logistics and supplies (food, water, transportation, relay transition points). Teams can consist of one member doing the entire route or many members working together in a relay. Each team will have a "General" that is responsible for making the necessary arrangements to get your team from start to finish. ♦♦



Team Sponsorship: \$200
Entry Fee: \$10/individual
Includes T-Shirt, trail pass, and post event refreshments
Additional donations welcomed

Run/Walk Relay begins in Dyersville at the Heritage Trailhead parking lot at 7 am

Sponsor and participant reception will be held following the event at the Heritage Pond at 2 pm

Course is approximately 26 miles in length. Maps will be provided to team "Generals" prior to the event. Each team must be self-supportive. There is no food or water provided along the route.

Make checks payable to:
Community Foundation of Greater Dubuque (CFGD)
Run4Troops

7465 Chavenelle Road
Dubuque, IA 52002
Phone:563.583.9781



For more information or to register, contact Mike Hodge at 563.590.6195 or Email: mhodge@hodgecompany.com

Printable Entry form available at:
www.hodgecompany.com



