

10 Mile Course Description:

The Mac 10 is a newly designed course that is flat, fast, and takes you on a scenic route encompassing Frontier park, Historic Fort Hays, the Buffalo Pen, and Fort Hays State University.

The course starts and finishes at historic Lewis Field Stadium.

A map of the course can be found on the Hays Area Road Runners website, and the back of this brochure.

Registration:

Sign up at <https://runsignup.com/Race/KS/Hays/MAC10MileLaborDayRace>

Race day registration is also available at 6:45 AM at the north entrance of Lewis Field.

Mail registration forms by Sept. 1st to:
Dennis Weber
Heartland Timing Services
2815 Fort St.
Hays, KS 67601

Packet Pick-Up:

Packet Pick-Up is race day from 6:45–7:45 AM at the northwest entrance of Lewis Field.

Fees: (non-refundable) includes T-Shirt(s)
\$25 per person
\$30 per person if received after Sept. 1st
2 Person Relay (5 miles each)
\$40 per team
\$50 per team if received after Sept. 1st

Checks payable to:
Heartland Timing

Age Divisions

9 & under	20-29	50-59
10-14	30-39	60 & Over
15-19	40-49	

Awards and Presentations:

Awards are presented to the top three finishers in each age group. Trophies will be given to the top male and female finisher and top male and female master (over 40).

Presentations will take place at the north entrance of Lewis Field. Award presentation will take place following the finish.



General:

Mile markers will be clearly visible on the course.

For relay, team member will switch at turnaround.

A water station will be available on the course located in the parking lot of Gross Memorial Coliseum.

Refreshments will be available after the race.

Race information:

Dennis Weber
(785) 650-4838
dennis@heartlandtiming.com

Name / Team Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Age on Sept. 7th, 2020: _____ E-Mail: _____

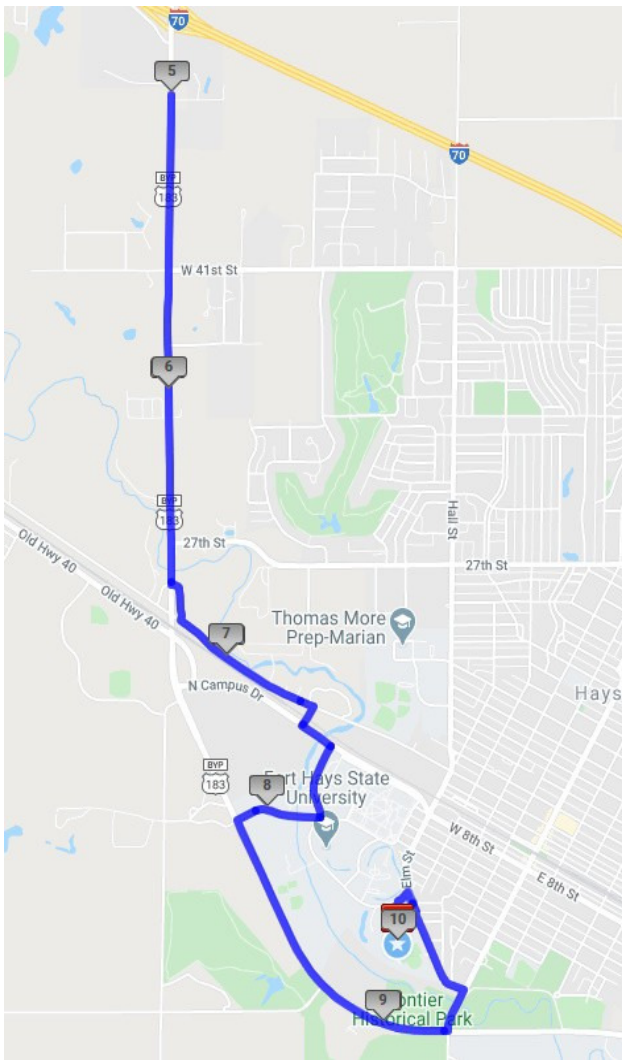
T-Shirt Size: S M L XL 2XL **Youth - S M L**

Please Check Male: _____ Female: _____

Race Application Waiver
I know running/walking a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with this event including, but not limited to: falls, contact with other participants, effects of the weather, including high heat and/or humidity; traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Hays Area Road Runners and all volunteers, sponsors and professionals associated with this event from all claims or liabilities of any kind arising out of my participation in this event even though liability may arise out of my negligence or carelessness on the part of the persons named in this waiver.

Signature: _____ **Date:** _____

Parent's Signature (if under 18 years of



This course starts near the north gate of Lewis Field Stadium. From there the runners will proceed north on Lewis drive, and right on Elm, and proceed on Main to the bypass. From there they will turn right on Gustad, left on the dike, left on old 40, right on Rom, and then left on 12th until they reach the 183 bypass again. Turning right, they will proceed north until they reach the turnaround with is near Frontage Road, returning on the same route to the finish at the Stadium.

Mac 10 Mile

Hays Area Road Runners
209 W 16th St.
Hays, Kansas 67601



Mac 10 Mile

**Inaugural Race
Labor Day
Monday Sept. 6, 2021**

**Registration: 6:45-7:45 am
10 Mile Run
or**

**2 X 5 Mile relay:
8:00 am**

**Lewis Field Stadium
on the campus of
Fort Hays State University
Hays, Kansas**