About Stu

Growing up Stu loved all sports. Stu played football in 9th grade but weighing less than 100 lbs., he switched to cross country and track. During the summer, Stu traveled North Iowa running road races with his dad Le.

Stu graduated from Mason City High School in 1982 as an honor student lettering in cross-country and track. Four years later Stu received a degree in actuarial science from the University of Iowa. Stu married and went on to work for Principal Financial Group in Des Moines.

Stu's life ended abruptly at the age of 25 with a heart ailment called hypertrophic myopathy.

He lived his life well in 25 years. He had an excellent mind and didn't waste it. He had physical skills and loved to use them. He had the gift of friendship and made friends easily.

The race will start at the **Mason City Aquatics Center, 901 Birch Drive.** There will be free parking and indoor bathroom facilities at the aquatics center.

Chip timing will be provided by JMS Racing.

Entry Fees

Students : $10.00
Adults : $20.00
Entry forms at www.nibandfest.com
or register online at **Active.com**
Pre-register by May 13, 2015
Individual registration allowed up to 7:45am on race day. However, t-shirt not guaranteed if registration is received after May 13th.
All parent/child teams must PRE-REGISTER.

Mail to: Stu Nevermann Memorial Run
c/o Carrie Berg
1709 North Carolina Avenue
Mason City, IA 50401

Divisions

There will be divisions for the following age groups for both men and women:
15 and under, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 and over.

Stu ran in many races with his dad. Many of you have sons, daughters, mothers, or fathers who are runners. Therefore we will also have these divisions:

Father/Son	Mother/Daughter
Mother/Son	Father/Daughter

Both the parent and the child must complete separate registration forms. All parent/child teams must pre-register by May 13, 2015. Registrants may register as part of a parent/child team OR as an individual, but NOT as both.

For More Information

Contact Carrie Berg at 641-210-7005 or thebergs1@juno.com

Awards

Overall male winner & overall female winner

1st, 2nd, & 3rd place finishers in each division

Award presentation following the run (around 9:15 a.m.).

Bib/Chip Pickup

Bib and timing chip pickup will be at the **Mason City Aquatic Center** on Friday from 4:00 - 7:00 p.m. and the day of the race from 7:00 - 7:45 a.m. Late registration/day of registration will also be available during those times. Please allow extra time if planning to pick up bib/chip and/or register on Saturday morning.

Bike Valet

This year's Stu Nevermann Run will feature a BIKE VALET to encourage runners, volunteers, friends and familes to leave the car at home and bike to this years event. BIKE VALET is just like a coat check for bikes - show up, hand over your bike to a cheery valet attendent and be on your way - no need to worry about the safety of your bike, we'll keep a close eye on it till you come back.

Due to the closing of the streets for the race and parade, parking can be quite limited. BIKE VALET will get you the closest parking spot and the least headache.

The BIKE VALET will be open from 7:00 - 9:30 a.m.

Safety

Runner safety is our utmost concern. Baby joggers/strollers, bicycles, roller skates, in-line skates, and dogs will be prohibited from the course.

Stu Nevermann Memorial Run XXVI

4 Mile Run

Saturday
May 23, 2015
Race Time: 8:00 a.m.

Mason City Aquatics Center

Stu Nevermann Memorial Run
c/o Carrie Berg
1709 North Carolina Avenue
Mason City, IA 50401

Name _____ Gender: (Circle) F M T-Shirt Size: S____ M____ L____ XL____

Address _____ City _____ State _____ Zip Code _____ Birth Date _____ Age on Race Day _____

Phone _____ Email _____ Parent/Child Division _____

Waiver of Liability

In consideration of your acceptance of this entry, I hereby for myself, my heirs, executors, administrators, waive any and all rights and claims for damages I may have against individuals associated with the event, for any and all injuries suffered by me in the event. I attest and verify that I have full knowledge of the dangers involved in this event and I am physically fit and sufficiently trained to participate in it. THIS EVENT WILL BE UTILIZING THE AMB I.T. TIMING SYSTEM TO OBTAIN ACCURATE AND QUICK RESULTS. NO OTHER TIMING CHIP MAY BE WORN. ALL PARTICIPANTS WILL BE ISSUED A CHIP AND ANKLE BAND FOR USE DURING THE EVENT. IT IS THE PARTICIPANTS RESPONSIBILITY TO RETURN THE CHIP AND ANKLE BAND. IF NOT RETURNED, THE PARTICIPANT WILL BE CHARGED $50 FOR THE LOST CHIP AND ANKLE BAND.

_____ _____

Son/Daughter Name Signature (Parent or Guardian if under 18)

RUNNER (or Parent) MUST SIGN WAIVER. Both the parent and the child must complete separate registration forms. Return completed form and entry fee to Stu Nevermann Memorial Run c/o Carrie Berg, 1709 North Carolina, Mason City, IA 50401 Make checks payable to the Stu Nevermann Memorial Run.