



# TRAIL STOMP 2011

**WHO:** Any level of runners & walkers

**WHAT:** 5K and 1 mile races plus 2 mile Trail Stomp Xtreme

**WHEN:** Saturday, November 26, 2011

5K – 9:00 am; 1 mile – 10:00 am;

2 mile Xtreme – 10:30 am

**WHERE:** Dr. John Anders' personal residence in the woods: 957 E. 80<sup>th</sup> Ave. North, Belle Plaine, KS

**WHY:** To replenish the shelves of the Wellington Food Bank after Thanksgiving.

Looking for something to do after the Thanksgiving feast? Come run this cross country race. Your entry fee is simply a food or cash donation that will be given to the Wellington Food Bank. Keeping it simple, there will be no awards but all events are timed. We do promise some good snacks after the race. New for 2011 is the availability of shirts. See details under Registration.

The race course consists of mainly grass paths, with a venture through the woods. Depending on weather, it could be muddy in sections. The 5K (3.1 miles) race will be a 2-loop course.

The Trail Stomp Xtreme is a 2 mile course over challenging terrain. Ran mainly on wooded property, many trees, logs and rocks will have to be maneuvered. The trail will consist of climbing up and down creek banks. Depending on weather, the creek banks and course could be muddy. Don't wear your good shoes for this course.



## REGISTRATION

Pre-registration is greatly appreciated. Forms are available at Anders Chiropractic and [www.AndersChiro.com](http://www.AndersChiro.com). Race number pick-up and registration will begin at 8:00 a.m. on race day. Registrations may be mailed or faxed to:

Trail Stomp c/o Anders Chiropractic  
124 W. 15<sup>th</sup>  
Wellington, KS 67152  
Fax: 620-399-8347

**REGISTER BY EMAIL:** Send the information on the registration form by email and sign the waiver at the race. We will have your race numbers ready for you and save you time in line!

Email: [teresa@AndersChiro.com](mailto:teresa@AndersChiro.com)

**PLEASE NOTE:** Due to many requests, long and short sleeve t-shirts will be available. **However, you must pay and pre-register by Nov. 15 to reserve a shirt.** Extra shirts will **not** be made. This is an optional item and not part of the race donation.



## RACE REGISTRATION

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

(for result purposes only)

Male  Female

\_\_\_\_\_ Age on Race Day

I am entering (check all that apply):

1 mile  5K  2 mile

OPTIONAL SHIRT FEE: (circle desired choice)

**YOU MUST PAY AND PRE-REGISTER BY NOV. 15 TO RESERVE A SHIRT.** Make checks payable to Trail Stomp.

Short Sleeved: \_\_\_\_\_ \$10

YM YL S M L XL XXL (add \$2)

Long Sleeved: \_\_\_\_\_ \$15

YM YL S M L XL XXL (add \$2)

WAIVER: (signature required to participate)

In consideration of my participation in the 2011 Trail Stomp, I the undersigned, intending to be legally bound hereby, for my heirs, executors and administrators, waive and release any and all claims for damages I may have against the sponsors, promoters and all other persons associated with the 2011 Trail Stomp for any and all injuries to me during, before and following this event. I attest and verify that I am physically fit and trained for competition in this event.

I hereby grant permission to any and all of the foregoing to use any photographs, video tapes, motion picture, recordings, or any other record of the event for any legitimate purpose.

\_\_\_\_\_  
Signature of Entrant or Legal Guardian if under 18 years old

\_\_\_\_\_  
Date

## REFRESHMENTS

Post race refreshments will be served by the bonfire (weather permitting)!



*Special thanks to the  
2011 Trail Stomp  
Sponsor:*

*Dr. John & Teresa Anders  
Anders Chiropractic*

*Thank you for  
supporting the  
Wellington Food Bank!*



## DIRECTIONS



From Wichita, take the Mulvane turnpike exit. Go West on Highway 53 about 1 mile. Turn South on Highway 81 and proceed towards Wellington approximately 6.8 miles. (You will pass the Belle Plaine corner). Continue to

Seneca Street and go south 1 mile to 80<sup>th</sup> Street. Turn East on 80<sup>th</sup> and go 1.5 miles to the dead end. The race will be on the right.

From Wellington, starting at the Sonic on Highway 81, go North 7.2 miles, to 80<sup>th</sup> Street (just past Riverdale). Go East 3.5 miles to the dead end. \*\*\*If it has recently rained, stay on Highway 81 for approximately 10 miles until you reach Seneca. Turn South on Seneca for 1 mile. At 80<sup>th</sup>, turn East and go 1.5 miles to the dead end.



*Any questions may be directed to:  
[teresa@AndersChiro.com](mailto:teresa@AndersChiro.com) or  
Anders Chiropractic  
at 620-326-7401*



**TRAIL STOMP  
NOV. 26, 2011**

Anders Chiropractic  
124 W. 15<sup>th</sup>  
Wellington, KS 67152