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## OPERATION: TAKE BACK MEMORIAL DAY!

4+ mile hike/run through Wild Cat Den State Park

**May 18<sup>th</sup>, 2024**

Register at [muscomamda.com](http://muscomamda.com)

- \$30 prior to race day / Get registered by March 30<sup>th</sup> for a guaranteed shirt!
- \$35 day of race (cash, check or Venmo, no t-shirt guarantee)

Raceday: Day of registration opens at 0630 hrs / Opening speech 0730 hrs. / National Anthem at 0750 hrs. / race starts 0800 hrs.

(Run or ruck/hike/walk). Suggested to wear a weighted ruck or pack...if you are tough enough!)

Awards for:

- Runner age groups: 1<sup>st</sup> place overall male & female, 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place (male & female) in age groups 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80
- Hiker/walker groups: 1<sup>st</sup> place overall male & female, male & female heaviest ruck/pack finisher (weighed on-site before and after)

\*\*\*Race route memorials can be submitted to be displayed along the race route at our website by scrolling to the bottom of the page\*\*\*

Food and beverages available for purchase. Veterans service organization booths available. See website for details and sponsors!

How to register as a volunteer or financial sponsor: email your interest to [musco.mamda@gmail.com](mailto:musco.mamda@gmail.com)

Donations can be made through the race registration link, at [muscomamda.com](http://muscomamda.com) or Venmo QR code

Event coordinator contact: John Hesseling 563-506-9945 or [musco.mamda@gmail.com](mailto:musco.mamda@gmail.com)

