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FOR IMMEDIATE RELEASE

Mud, Fun, and Running *ISF Mud Run Registration is Open*

Ames, IA – The Iowa Sports Foundation will be hosting the 2010 ISF Mud Run presented by the University of Iowa on Saturday, May 8 at Sleepy Hollow Sports Park in Des Moines. Runners, athletes, kids, moms and dads are all invited to join in the fun of this unique trail running race. Register online or download an entry form at www.iowasportsfoundation.org.



The ISF Mud Run presented by the University of Iowa will feature a 3 mile trek and 1 mile fun run with some new obstacles for 2010. At the end of the race, participants will venture through the Mucky Mud Pit to the finish. This family fun event is sure to be exciting for all participants and spectators.

With the event less than one month away registration deadlines will be approaching soon. Register by Monday, April 26 for \$20 or by Monday, May 3 for \$22 (online registration only). On-site registration will also be available for \$27. The entry fee will include a T-shirt, chip timing, post race refreshments and an ISF

Mud Run workout towel. The festivities will begin on May 8 with check-in beginning at 8:30 am and the 3 mile run beginning at 10:00 am.

“The ISF Mud Run is the race of the spring,” commented Kevin Bourke, ISF Director of Sports and Operations. “With an awesome facility and plenty of mud, this is a race you do not want to miss.”

This year’s event will offer great post-race activities including a DJ, post race refreshments, and a finishers raffle for many prizes highlighted by two tickets to the 2010 ISU vs. Iowa football game.

Don’t fear the mud, grab a buddy and get muddy...register today at www.iowasportsfoundation.org.

The Iowa Sports Foundation (ISF) is a nonprofit sports management organization that helps develop amateur sports in Iowa and promotes positive lifestyles and physical fitness through athletic events and health education programs. The ISF host the Summer Iowa Games, Winter Iowa Games, Live Healthy America, Live Healthy Iowa, Live Healthy Iowa Kids, Fall Fitness Day, Go The Distance Day, Hoopin’ at the Dome, Net Fest, Fish Iowa Games, the ISF Mud Run, and the Iowa Games Golf Classic.

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