

Parking

Thanksgiving is a time of celebration at Hesston College so parking will be tight this weekend. Recommended parking is north of Hesston Mennonite Church. There is an additional parking lot on the west side of campus at College Drive and Erb.

Race Results

A map of the course can be found at mapmyrun.com. Search for the Howard Hustle 2 Mile, Hesston, Kansas. Race results will be posted on thehesston.edu website within a day or two following the race.

Chip Timing

Chip timing will be used on the race numbers in order to ensure accurate timing. Please wear your race number on the front side of your body. Place the number above the waist on the outer most layer. Please do not fold or bend the number.

Disclaimer

In the event of poor weather or hazardous running conditions, the race may be postponed or canceled. If this is the case, there will be no refunds. Proceeds will go to the Labyrinth Project at Hesston College.

Race Sponsors

We graciously thank our primary sponsors:

Atomic Sports
Everence
Zen Jen Massage Therapy

Send Registrations to:
Hesston College, Attn: Jen LeFevre
Box 3000

Hesston, KS 67062
Checks payable to Hesston College
Memo: Howard Hustle

Contact person:
Jen LeFevre
620-327-8277, office or jenl@hesston.edu

The Howard Hustle



Friday, November 23, 2012
11:00 a.m.
Hesston College
Hesston, Kan.

A Walk, Jog or Run

The **Howard Hustle** is a 2-mile fun run/walk that has become tradition at Hesston College. It exists to promote physical activity and enhance community among students, their families, faculty and staff, and the broader Hesston community. All ages are welcome to participate! The proceeds of this race will support the development of a labyrinth on the Hesston College campus.

What is a Labyrinth?

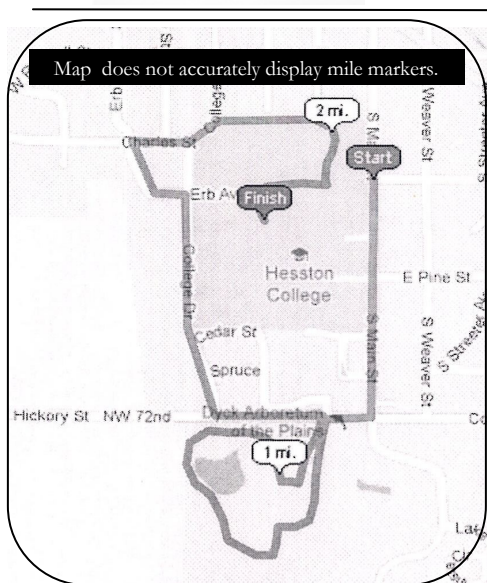
A labyrinth is a pattern with a single winding path that generally leads from the entrance to the center. Labyrinths comes in all shapes, sizes and patterns.

What do you do with a labyrinth?

Labyrinths can be used for various activities such as meditation, reflection, exercise, and as a means to relieve stress. Labyrinths are also known to stimulate creative thinking and problem solving and can be used as a tool for conflict resolution. Often the labyrinth is viewed as a metaphor for an individual's journey through life.

-The Labyrinth Network

Our quest is to raise funds in order to build a low-impact, sustainable labyrinth on the Hesston College campus that will be used by students, faculty, staff and the community to enhance various aspects of their wellness by fostering academic, spiritual, social, emotional and physical health.



Time

Registration begins at 9:30 a.m. in front of Bontrager/Erb on the college campus. Race packets can be picked up at registration. Registration closes at 10:45 a.m. The race will begin at 11 a.m. at the Hesston College Arch on Main Street in Hesston, Kan.

Cost

NEW FOR 2012!! This year's shirt is a long-sleeve tech shirt in men's and women's sizes. Early entrants will be guaranteed race shirts with their requested sizes. We will do our best to accommodate late entrants.

Families, friends, prospective students and public:

Registration prior to November 14: \$20 (includes shirt)

Registration after November 14: \$25 (includes shirt)

Current Hesston College Students:

Registration with no shirt: free

Registration with shirt: \$20 prior to November 14

\$25 after November 14

Mod Competition (current HC students only)

Any HC mod with three or more participants can compete against other mods to win free race t-shirts for the entire mod. Scored like a cross country meet, the men's mod and women's mod with the lowest place finish total wins. A fourth runner will determine a tie break.

Payment

Please make checks payable to Hesston College, memo: Howard Hustle. If you would like to make an additional donation to the Labyrinth Project, please include this amount on the registration form.

Awards

Awards will be given to the winners in the following men's and women's age divisions: 10 & under, 11-16 years, 17-20 years, 21-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70 & over. Awards and door prizes will be given after the race. You must be present to win door prizes.

Registration Form (one per entrant)

Name _____

City _____ State _____

Phone _____

Age _____ on date of race circle one: Male/Female

Email _____

NEW TECH SHIRT FOR 2012!
Women's shirts are fitted and tend to run smaller.

Race Number

Men's tech shirt: S M L XL XXL

Women's tech shirt: S M L XL XXL

Registration

(current HC students need to register using the yellow Howard Hustle student form)

_____ \$20 thru November 14

_____ \$25 November 15 to race day

_____ Gift to the Hesston College Labyrinth Project
(charitable gift receipt will be sent)

Waiver and Release: (parent/guardian must sign if under 18)

In consideration of my participation in the Howard Hustle, I assume complete responsibility for any injury to me or damage to my property that may occur during the event or while I am on the premises of the event. I hereby release and hold harmless Hesston College, its employees, and any other race sponsors associated with this run. I understand that risk is involved with participation in physical activity—even death—and I assume that risk. I also grant permission to Hesston College and race sponsors to use any photographs, motion pictures, recordings or any other record of this event for publicity.

Signed _____ Date _____

Parent/Guardian Signature (under 18) _____ Date _____