

## Fifth Season Race – July 4, 2010 - Frequently Asked Questions

### 1. When is the race?

**Fifth Season 8K Run:** 7:30 AM Sunday, July 4th

**Fifth Season 5K Run/Walk:** 8:00 AM Sunday, July 4th

**Fifth Season Youth Mile Run:** 9:00 AM Sunday July 4th

**Fifth Season Kids' Fun Run:** 9:30 AM Sunday July 4th

### 2. How long is the Fifth Season Race?

**8K:** 4.97 Miles

**5K:** 3.1 Miles

**Youth runs:**

Age: 7-14 - 1 Mile (Youth Mile Run starts at 9 AM)

Age: 6-10 - 1/2 Mile (Kids' Fun Run – run #1 starts at 9:30 AM)

Age 5 & under - 1/4 Mile (Kids' Fun Run – run #2 starts after run #1 completed)

### 3. How much does it cost?

**8K & 5K:** \$25 by June 22, \$30 by June 29, \$35 late entry July 3, No registration July 4

**Youth Mile Run:** \$10 by July 2, \$10 entry July 3, No registration July 4

**Kids' Fun Run:** \$5 by July 2, \$5 entry July 3 and July 4

CVRA member discount on or before June 25 is \$2

### 4. When does registration end?

- Mailed applications must be postmarked by June 29.
- Online registration ends at noon on July 2.
- Last chance to register in person for the 8K, 5K, & Youth Mile is at:  
Crowne Plaza Five Seasons Hotel, Saturday July 3 from 10 a.m. to 5 p.m.
- Last chance to register in person for the Kids' Fun Run is at:  
Crowne Plaza Five Seasons Hotel, Sunday July 4 from 6 a.m. to 8 a.m.

### 5. Where can I get registration forms?

- Race brochures download at [www.fifthseasonrace.com](http://www.fifthseasonrace.com) or pick up at Alliant Energy, Freedom Festival office, Running Wild.
- Online registration – [www.fifthseasonrace.com](http://www.fifthseasonrace.com) for direct link to [getmeregistered.com](http://getmeregistered.com)

### 6. What do I get for registering?

**Fifth Season 8K & 5K:**

Official Fifth Season Race Moisture Management T-Shirt

Name and official finish time posted on [fifthseasonrace.com](http://fifthseasonrace.com) results webpage

Fifth Season Race Post Race Party – 2<sup>nd</sup> Avenue & 1<sup>st</sup> Street SE

Fifth Season Race Post Race Party – United Fire Group-Top of Parking Ramp

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### **Fifth Season Youth Mile Run:**

Official Youth T-Shirt

25<sup>th</sup> Anniversary Race Finisher Medal

Name and official finish time posted on [fifthseasonrace.com](http://fifthseasonrace.com) results webpage

Fifth Season Post Race Party - 2<sup>nd</sup> Avenue & 1<sup>st</sup> Street SE. Parents are invited too.

### **Fifth Season Kids' Fun Run:**

Official Youth T-Shirt

25<sup>th</sup> Anniversary Race Finisher Medal

Fifth Season Post Race Party - 2<sup>nd</sup> Avenue & 1<sup>st</sup> Street SE. Parents are invited too.

**All races - You will pick up your T-shirts at Packet Pickup at Crowne Plaza Hotel on July 3rd and July 4<sup>th</sup>.**

### **7. Is there an age restriction to run?**

There are no age restrictions on the Fifth Season 8K Run & 5K Fun Run/Walk.

The divisions in 8K/5K this year are 15 & under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over. Age division awards are medals in the 8K Run. 5K run/walk is a noncompetitive event with no age division awards.

The divisions in the Youth Mile are 7-8, 9-10, 11-12, & 13-14. Age division awards are trophies to top five in each age division for both boys and girls. 25<sup>th</sup> anniversary race medals to all youth finishers.

The divisions in the Kids' Fun Run are 6-12, and 5 & under. The Kids' Fun Run is a noncompetitive event with no age division awards. 25<sup>th</sup> anniversary race medals to all youth finishers.

### **8. What is the race route?**

All races start at Mays Island – 3<sup>rd</sup> Avenue Bridge

All races finish at 2<sup>nd</sup> Avenue and 2<sup>nd</sup> Street SE

Runner overflow will be along 1<sup>st</sup> Street in front of the Alliant Tower and 2<sup>nd</sup> Avenue Bridge overlooking the Cedar River.

**Fifth Season 8K:** Starts at 7:30 AM on 3<sup>rd</sup> Avenue Bridge on Mays Island, turns right onto Blake Boulevard, left on Grande Ave, to a turnaround at Bever Park, the course follows back on Grande Ave, turns right onto Blake Boulevard to 17<sup>th</sup> Street, turns left onto 2<sup>nd</sup> Avenue to the finish line.

**Fifth Season 5K:** Starts at 8 AM on 3<sup>rd</sup> Avenue Bridge on Mays Island, turns right onto Blake Boulevard, to a turnaround at 18<sup>th</sup> Street, the course follows back on Blake Boulevard to 17<sup>th</sup> Street, turns left onto 2<sup>nd</sup> Avenue to the finish line.

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**Youth Mile Run (age 7-14):** Starts at 9 AM on 3<sup>rd</sup> Avenue Bridge on Mays Island, turns left on 8<sup>th</sup> Street, turns left onto 2<sup>nd</sup> Avenue to the finish line.

**Kids' Fun Run (age 6-10):** Starts at 9:30 AM on 3<sup>rd</sup> Avenue Bridge on Mays Island, turns left on 5<sup>th</sup> Street, turns left onto 2<sup>nd</sup> Avenue to the finish line.

**Kids' Fun Run (age 5 & Under):** Starts at 9:30 AM on 3<sup>rd</sup> Avenue Bridge on Mays Island, turns left on 3<sup>rd</sup> Street, turns left onto 2<sup>nd</sup> Avenue to the finish line.

### **9. Can I be in the race if I am in a wheelchair?**

Yes, wheelchairs are allowed in the race. Other wheeled devices, such as bicycles, are not. Strollers are allowed.

### **10. Can I bring my child with me in the race?**

Fifth Season 8K and 5K: Children strapped to an adult or carried are permitted. Strollers are allowed. As a reminder, the temperature on the day of the race may be very high. Be safe.

### **11. Are pets allowed?**

Much as we love them, pets are not allowed.

### **12. I've registered. Now what?**

You will get all materials including electronic race chip at packet pickup at the Fifth Season Race Expo at the Crowne Plaza Hotel, 350 1<sup>st</sup> Avenue NE on Saturday July 3<sup>rd</sup> from 10 am to 5 pm or Sunday July 4<sup>th</sup> from 6 to 8 am. A runner may pick up another entrants packet. Plan to be at the race early to park and get in position. All electronic chips must be returned after the race or you will be charged a \$10 lost chip fee.

### **13. Where is the Fifth Season Post-Race Party?**

The Fifth Season Post-Race Party will be along 1<sup>st</sup> Street SE in front of the Alliant Energy Tower and along 2<sup>nd</sup> Avenue bridge overlooking the Cedar River, and also for registered entrants age 21+ at United Fire Group-Top of Parking Ramp (next to the finish) on July 4<sup>th</sup> from 8 a.m. to noon.

### **14. I'm an elite runner. How do I register?**

Participants wishing to enter in elite category must contact William Bails, elite athlete coordinator at 319-331-7939 prior to June 15<sup>th</sup>. USA only prize money will be paid. Elite applications must have written verification that they have run a 10,000 meter time under 33 mins. (men) or under 38 mins (women) within the last year, such as a copy of printed race results or a finisher certificate.

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### **15. Where do I park?**

There are three downtown parking ramps, as well as street side parking. Make sure you're there early enough to get in place before the race starts.

### **16. Where can I stay when I'm in town?**

The host hotel is Crowne Plaza Five Season Hotel, 350 First Avenue NE, Cedar Rapids. Reservations can be made by calling the hotel directly at 319-363-8161. You must identify yourself as a member of the Fifth Season Race (group reference code FSR) and guarantee the reservation by June 21st. Check out the Cedar Rapids Convention & Visitors Bureau at [www.cedar-rapids.com](http://www.cedar-rapids.com). In the "For Visitors" section there's a guide to lodging. Be sure to make your reservations early while rooms are still available.

### **17. I've still got questions. Who do I contact?**

Fifth Season Race questions: contact Mike Regan, director at E-mail [director@fifthseasonrace.com](mailto:director@fifthseasonrace.com)