Alliant Energy Fifth Season Race
8K Run • 5K Fun Run/Walk • Youth Mile Run • Kids' Fun Run
July 4, 2010 • Cedar Rapids, Iowa • 7:30 a.m.

For more information, please visit www.fifthseasonrace.com

Gender M F

Race Entering 8K Run | 5K Run/Walk | Youth Mile Run | Kids' Fun Run | Local County Resident (8k only)

Name (last name/first name)

Street Mailing Address

City **State** **Zip**

E-mail Address

Birth Date Month Day Year

Age on Race Day 7/4/10

Daytime Telephone Number

Team Name *(if applicable)*

Team Category *(place an **x** in category entering)*

- ☐ ***Open*** *(must have 4 + runners (same gender))*
- ☐ ***Master*** *(must have 4 + runners (same gender))*

8K Teams Only:
Male and Female Teams in Open and Master (age 40+):

Waiver: I hereby absolve and release the City of Cedar Rapids and its employees, the Cedar Valley Running Association, Alliant Energy, and all other sponsors, race directors and volunteers from any liability or injury claims whatsoever incurred by or against me during the aforementioned event. By signing below, I am also signifying that I am in the proper physical condition to participate in the 8K Run, 5K Fun Run/Walk, Youth Mile Run or Kids' Fun Run. If, however, as a result of my participation I require medical attention, I hereby give my consent to authorized medical personnel of the Alliant Energy Fifth Season Race to provide such medical care as is deemed necessary by such personnel.

Signature of Participant (parent/guardian if under 18)

Participant/Parent Guardian _____ Date _____

Make Checks Payable to: The Fifth Season

Mail to: The Fifth Season
C/O Mercy Fitness Center
Mercy Health Plaza
5264 Council St NE Suite 600
Cedar Rapids, IA 52402-2409

GetMeRegistered.com RACE CLEAN • LIVE GREEN

CVRA Cedar Valley Running Association

Moisture Management T-shirts (circle one)

8k Run * 5K Fun Run/Walk

S M L XL XXL

Regular T-shirts (circle one)

Youth Mile * Kids' Fun Run

Toddler (2-4) Youth S (6-8)

Youth M (10-12) Youth L (14-16)

Youth XL (18-20) Adult M

Registration Fees (nonrefundable)

8K or 5K entry postmarked by June 22……	**$25**
8K or 5K entry postmarked by June 29……	**$30**
8K or 5K entry July 3, packet pickup day……..	**$35**
Youth Mile Run entry postmarked by June 29…….	**$10**
Youth Mile Run entry on July 3……..……..	**$10**
Kids' Fun Run entry postmarked by June 29……...	**$5**
Kids' Fun Run entry on July 3 & July 4……....	**$5**
CVRA member discount on or before June 25…….	**($2)**
Donation to CR Community Foundation……	_____
Donation to Mercy Hospice House ……..	_____
Total Amount Submitted……..	_____

Please Note: One person per entry? All boxes completed? Release signed? Correct amount paid?