

**2011 CVRA Fifth Season Races**  
**Alliant Energy 8K Race • 5K Fun Run/Walk • Kids' Fun Run**  
**July 4, 2011 • Cedar Rapids, Iowa • 7:00 a.m. 8k start**  
 For more information, please visit [www.fifthseasonrace.com](http://www.fifthseasonrace.com)

<b>Gender</b>			<b>Race Entering</b>		
M	F		8K Run	5K Run/Walk	Kids' Fun Run
<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Name (last name/first name)</b>					
<input type="text"/>					
<b>Street Mailing Address</b>					
<input type="text"/>					
<b>City</b>			<b>State</b>	<b>Zip</b>	
<input type="text"/>			<input type="text"/>	<input type="text"/>	
<b>E-mail Address</b>					
<input type="text"/>					
<b>Birth Date</b>		<b>Age on Race Day</b>			
Month	Day	Year	7/4/11		
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>		
			<b>Daytime Telephone Number</b>		
			<input type="text"/>	-	<input type="text"/>
				-	<input type="text"/>



**ALLIANT ENERGY 8K**

**Release:** 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, 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 CVRA Fifth Season Races to provide such medical care as is deemed necessary by such personnel.

**Signature of Participant (parent/guardian if under 18)**

\_\_\_\_\_  
Participant/Parent Guardian

\_\_\_\_\_  
Date

**Reminder:** One person per entry? All boxes completed?  
Release signed? Correct amount paid?



**We encourage online registration!**

**Moisture Management T-shirts (circle one)**

**8k Run \* 5K Fun Run/Walk**

S   M   L   XL   XXL

**Regular T-shirts (circle one)**

**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 16.....	<b>\$25</b>
8K or 5K entry postmarked by June 29.....	<b>\$30</b>
8K or 5K entry on July 3, packet pickup day.....	<b>\$35</b>
Kids' Fun Run entry postmarked by June 16.....	<b>\$8</b>
Kids' Fun Run entry postmarked by June 29.....	<b>\$10</b>
Kids' Fun Run entry on July 3 and 4.....	<b>\$10</b>
CVRA member discount on or before June 29.....	<b>(\$2)</b>
Donation to CR Community Foundation.....	_____
Donation to Mercy Hospice House .....	_____
<b>Total Amount Submitted.....</b>	_____

Make Checks payable to: **The Fifth Season**  
 Mail to: **CVRA Fifth Season Races, PO Box 1341, Cedar Rapids, IA 52406-1341**