

# 2010 ALLIANT ENERGY FIFTH SEASON RACE

8K RUN \* 5K FUN RUN/WALK \* YOUTH MILE RUN \* KIDS' FUN RUN

July 4, 2010

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Welcome to the 25th Annual Alliant Energy Fifth Season Race presented by the Cedar Valley Running Association.

Title sponsor (for the 25<sup>th</sup> consecutive year): **Alliant Energy.**

Platinum sponsors: **Center Point Travel Plaza, Rockwell-Collins, Pepsi, KCRG TV9 & Show You Care sponsors Collins Community Credit Union, Mercy Medical Center, Carlos O'Kelly's Mexican Café, and Simpson Furniture, Z102.9 & 1600 ESPN Radio, RPC Charitable Foundation Inc. of Iowa City.**

Gold sponsors: **Bergan, Paulsen & Company, KCCK 88.3 Jazz Radio, The Gazette, Nash Finch Company, WealthStone Financial, Cedar Rapids Jaycees, Fleck Sales-Miller Lite, United Fire Group.**

Silver sponsors: **Mercy Medical Center, Junge Automotive Group, Shamrock Construction Company, Martin Equipment, Apparel 1, Blue Bunny.**

Bronze sponsors: **Crowne Plaza Five Seasons Hotel, Running Wild, River Valley Chiropractic, Paul Revere's Pizza, Altorfer Inc., L.L. Pelling Company, J&A Printing, Brightroom Photography, Rock Technology.**

Contributing sponsors: **US Bank, Hills Bank & Trust, Linn Star Transfer, Gringer Feed & Grain, Dr. John Hamm, James W. Bell Company, Sadler Machine, Universal Engineering, ESCO Group, Star Equipment., Dave Schmitt Construction, Metro Pavers-Iowa City, Futureline, Inc., BDI, Inc., Culligan-Crystal Clear Water, Coldwell Banker, Scheel's Sports.**

Co-Promoters: **Cedar Rapids Freedom Festival, Cedar Rapids Downtown District, Cedar Rapids Convention & Visitors Bureau.**

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- Arrival Downtown – All 8k & 5k runners and walkers please arrive downtown early prior to 7:20 a.m.**
- Downtown Parking** - Parking is available at the **3<sup>rd</sup> Avenue & 4<sup>th</sup> Avenue Parkades** and at the **Five Seasons Parkade**. 1<sup>st</sup> & 2<sup>nd</sup> Street SE between 1<sup>st</sup> & 4<sup>th</sup> Avenue SE are closed for staging of the runners and walkers. 1<sup>st</sup> Street SW between 1<sup>st</sup> Avenue SW and 5<sup>th</sup> Avenue SW/Diagonal Drive is closed for Freedom Festival activities. All other area city streets are available for parking except for the "no parking" meter hooding along 2<sup>nd</sup> & 3<sup>rd</sup> Avenue SE between 1<sup>st</sup> & 3<sup>rd</sup> Street SE and also along 1<sup>st</sup> & 2<sup>nd</sup> Street SE between 1<sup>st</sup> & 4<sup>th</sup> Avenue SE.
- Start – May's Island, 3<sup>rd</sup> Avenue Bridge – 8K runners start at 7:30 a.m. 5K runners and walkers start at 8:00 a.m.** 8K runners should be lined up by **7:15 a.m.** for pre-race information. 5k runners should be lined up for the 5K start by **7:45 a.m.** for pre-race information. Runners and walkers are encouraged to warm-up on the west bridge on 3<sup>rd</sup> Avenue behind the start line or in front of the start line on 3<sup>rd</sup> Avenue between 1<sup>st</sup> & 3<sup>rd</sup> Streets. Position yourself according to your pace per mile in the starting area. Faster runners line up nearest the start line. Walkers will line up behind the runners. **Reminder – 5K runners will start exactly 30 minutes after the 8K start.**
- Race numbers** – Please wear your own assigned race number on the front of your shirt or shorts. Pin each of the four corners of your race number. 8K participants (gold race bib numbers **1-2000**), 5K participants (light green race bib numbers **2001-3200**) and Youth Mile participants (white race bib numbers **5201-5800**) must run the race for which you signed up for.
- Timing chips** – All 8K, 5K and Youth Mile runners need a timing chip. **No chip, no time.** Affix the chip on your shoe using provided ties or your shoestrings. Your finish time will be based on gun time. However, if you forgot your timing chip, when you cross the finish line please let volunteer wearing **lime green** shirts know to record your time.
- Restrooms** – Porta-johns will be located behind the start line on May's Island, Third Avenue Bridge and also in front of the start along 1<sup>st</sup> Street SE next to 2<sup>nd</sup> Avenue. Porta-johns also located on the course at Blake Blvd/3<sup>rd</sup> Avenue.

- **Course** – Follow the denoted race path as **noted by traffic cones and arrow signs, unless race officials instruct you otherwise**. The 8K course is USA Track and Field Certified. Certification # is IA09009-MF.
- **Course safety** – Police officers will be stationed along the route for your safety. Emergency vehicles have the right-of-way at all times. Course monitors will be wearing **lime green** T-shirts. Please obey race officials. Traffic control ends at 9:30 a.m. Walkers should move to the sidewalks at this time. Headphones are discouraged.
- **Please note a few hazards on the course** – First, one lane on the right hand side of the Third Avenue Bridge must be left open for emergency vehicles to the Linn County Jail. Second, we do cross railroad tracks at 4<sup>th</sup> Street on Third Avenue and coming back on Second Avenue. Lastly, there may be parked cars on the side of the street along Blake Boulevard.
- **Splits** – Clocks will be stationed at each mile marker. Splits will be called out at each mile of the 8K and 5K course until 9:30 a.m.
- **Water stations** – Please hydrate and pace yourself during the race according to heat and humidity factors. Water for 8K runners will be available at the 1.2, 1.9, 3.1, and 4.1 mile points. Water for 5K runners and walkers will be available at the 1.2 and 2.2 mile points. Medical assistance will be available at water stations and in the finish area.
- **Finish line** – 2<sup>nd</sup> Avenue & 2<sup>nd</sup> Street SE – Please keep moving through the finish to the chip removal area. Your chip must be removed and returned after your finish. Failure to wear or return your chip may result in disqualification. Refer to back side of chip for mailing address to return chip if you did not run or finish the race. There is a \$10 charge for chips not returned. Your official time will not be available if you do not finish before 9:30 a.m.
- **Post race festivities** - Following the finish, work your way along on 2<sup>nd</sup> Avenue SE and 1<sup>st</sup> Street SE and/or via the UFG Parkade stairwell on 2<sup>nd</sup> Avenue behind the finish to the **United Fire Group Top of the Ramp**. Food and refreshments (including water and Gatorade) provided by the **Nash Finch Company, Wells Blue Bunny, and Pepsi** along 2<sup>nd</sup> Avenue SE. **Rock the Ramp!** Registered entrants age 21+ (must show race bib & ID) enjoy the hospitality of the **Cedar Rapids Jaycees**, music from **O’Connell Brothers Band**, and beverages provided by **Fleck Sales-Miller Lite** at UFG Top of the Ramp. (Party is 8 a.m. to noon).
- **Massage** – **River Valley Chiropractic and Massage** therapists will be located at Alliant Energy plaza on 2<sup>nd</sup> Avenue.
- **Race results and awards** – Race results will be posted following the race and at [www.fifthseasonrace.com](http://www.fifthseasonrace.com). The awards presentation will be held at **Crown Plaza Five Season Hotel** Ballroom I and II beginning at **10:30 a.m.** All prize money will be mailed within two weeks following the event following verification of citizenship and residency. If you have won an award and cannot attend the awards presentation, please pick up your award at Running Wild, 1950 Dodge Rd NE, Cedar Rapids at 319-378-8020.
- **Youth Mile Run** - The start is at **9 a.m.**, at May’s Island, 3<sup>rd</sup> Avenue Bridge. Youth mile age group 7-14 will run to 8<sup>th</sup> Street then to the finish. All kids will be chip timed and receive a medal for finishing. Trophies sponsored by **RPC Charitable Foundation Inc.** will be awarded to the top five for each of the boys and girls in 2 yr age divisions.
- **Kids’ Fun Run** - The start is at **9:30 a.m.**, at May’s Island, 3<sup>rd</sup> Avenue Bridge. Kids age group 6-10 run to 5<sup>th</sup> Street followed by the second kids age group 0-5 run to 3<sup>rd</sup> Street to the finish. All kids receive a medal for finishing. **Kid Meet Parents Banner** located at 2<sup>nd</sup> Avenue & 1<sup>st</sup> Street SE intersection. **KCRG Kids’ Parade** begins at **10 a.m.** at May’s Island, 3<sup>rd</sup> Avenue Bridge. **Freedom Festival Kids’ Action Zone** with kids’ inflatable’s are located in two spots along 1<sup>st</sup> Street SE (east side of the river) and 1<sup>st</sup> Street SW (west side of the river).
- **Weather related delays or cancellations** – call KCRG NewsLine9 319-365-9999 or the Fifth Season Race Hotline 319-362-2515