

ST. PATRICKS DAY BREW & STEW

5K FUN RUN/WALK OR 15K BIKE



MARCH 19, 2016

Come early and cheer on
area firefighters for the
Firefighter's 5K Challenge
starting at 3 PM!!!

- Fun Run/Walk is 3.1 miles on the streets of Cresco starting at 5:00 pm by the Howard County Courthouse
- Fun Bike ride will be one of the following routes (depending on weather and road conditions):
 - 15K Fair weather route - <http://www.mapmyride.com/routes/view/165780814>
 - 8K Foul weather route - <http://www.mapmyride.com/routes/view/165782056>
- Trophies for 1st place overall male and female for the fun run. A raffle drawing of (2) two \$100 Cresco Bicycles Gift Certificates for all bikers.
- Costume Contest for the person and team wearing the most festive St. Patty's costume:
 - \$100 in Cresco Bucks individual prize, \$200 in Cresco Bucks team prize
 - Judging will be from 1 - 4:45 pm by a celebrity panel from our non-profit organizations
 - Costume contest winners will be announced at the start of the run/walk/bike event
- Pre-registration and Same Day registration is at Burke Auction, 117 S Park Place, Cresco on March 18, 2016 from 4 - 6 pm and on March 19, 2016 from 1 - 4:45 pm
ID is required for those wishing to have Brew
- After race party from 5:30 - 7:30 pm includes (Bib, ID and arm band required for a brew cup):
 - *Brew, snacks and music at The Pub and The M Lounge
 - *Mulligan stew and music in a family friendly environment at Burke Auction, 117 S. Park Place (across from the Howard County Courthouse)
- Your hosts are F.I.T. Running Club, Cresco Bicycles, The Pub and The M Lounge. All proceeds will be donated to the Cresco Fire Fighters, Cresco Police THOR Fund, NEICAC and Prairie Springs Recreational Trail.

This run/walk/bike is strictly for fun and to start the Running and Biking season. All runners/walkers/bikers assume their own responsibility for safety. Both courses are on public streets open to traffic with volunteers to assist. Due to the nature of this event please bring I.D. All participants are required to sign the waiver below to participate. Anyone under 18 years old must have a parent/guardian present to sign waiver. All bike riders must wear a helmet. If you have any questions or would like to volunteer to help, contact Diane Henry at (563)379-3003. For additional registrations visit www.fitnesssports.com.

Complete a Registration Form or Register Online:

<http://www.active.com/cresco-ia/running/distance-running-races/brew-and-stew-2016>

Make Checks Payable To: F.I.T. Running Club
F.I.T. Running Club
757 N. Elm St, Cresco, IA 52136



FOLLOW US ON TWITTER @brewNstew



BREW & STEW Sponsor List

\$500 Pot of Gold

C US Bank Featherlite Mfg.
Burke Auction Service / Burke Real Estate

\$250 Leprechaun Sponsors

Cresco Bank & Trust
Cresco Building Service

JB Holland Construction
Camp Site RV

BREW & STEW 5K RUN/WALK & 15K BIKE REGISTRATION

FIRST NAME		LAST NAME	
ADDRESS	CITY	STATE	ZIP
EMAIL		TELEPHONE	
Indicate Activity (Check One Box Only):			
BREW & STEW 5K RUN/WALK <input type="checkbox"/>		BREW & STEW 15K BIKE <input type="checkbox"/>	
DATE OF BIRTH ____/____/____			
Family Name _____ (For Family Registration Only)			

FOR OFFICE USE ONLY BIB # _____

REGISTRATION FEE:

Postmarked by February 20, 2016 \$30.00 \$ _____
(includes Cinch Bag, Gloves, Water Bootle, Beanie Hat & Koozie)

Postmarked February 21 - March 15, 2016 \$40.00 \$ _____
(includes Cinch Bag, Gloves, Water Bootle, Beanie Hat & Koozie)

Postmarked after March 15 & Same Day \$50.00 \$ _____
(includes Cinch Bag, Gloves, Water Bootle, Beanie Hat & Koozie)

Family Registration Fee \$125.00 \$ _____
(not to exceed 2 adults and 4 minors (must be under 18 years of age) and postmarked by March 15, 2016. Registration forms need to be completed for each participant)

TOTAL ENCLOSED..... \$ _____



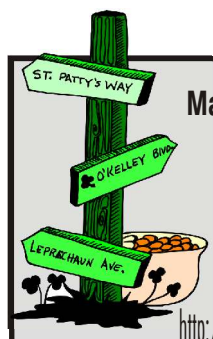
****Waiver of Liability must be signed before participating****

In consideration of accepting this entry I, the undersigned, intending to be legally bound hereby for myself, my heirs, executors and administrators contractually waive and release any and all claims for damages I may now or hereafter have against all sponsors, including, but not limited to F.I.T. Committee Members, Cresco Bicycles, The Pub, The M Lounge, City of Cresco, Howard County, or any other personnel assisting with this event, for any and all injuries, including claims of damages suffered by me in this event as a result of my participation in said race. I understand that running, walking or biking in a road race regardless of distance is a potentially hazardous activity. Further, I attest that I have trained for this race and am of sound physical condition. I also grant full permission to the sponsors and the agents authorized by them to use any photographs, videotapes, motion pictures, recordings, or any record of this event for any legitimate purpose.

Participant Signed _____

Parent/Guardian _____

(For participants under 18 years of age)



Make Checks Payable To: F.I.T. Running Club
Mail To: F.I.T. Running Club
757 N. Elm St, Cresco, IA 52136

OR
Register Online:

<http://www.active.com/cresco-ia/running/distance-running-races/brew-and-stew-2016>