



Families First of Cedar County

2nd Annual 5K

“March Out The Madness”

Tipton, Iowa

April 6, 2013 @ 10:00 A.M.

This registration form sponsored by:

Where You Have the Right to B - FIT

Fitness Sports

7230 University Ave, Des Moines, IA. 50311
515/277-4785 or 800/529-7684

AGE GROUP AWARDS

14 & UNDER

15 - 19

20 - 29

30 - 39

40 - 49

50 - 59

60 - 69

70 - Over

Award Certificates to the first three finishers in each division day of the race.

WALKERS ARE ENCOURAGED

RACE DAY REGISTRATION AND RACE PACKET PICK UP

TIPTON FAMILY AQUATIC CENTER

8 A.M. THRU RACE TIME.

Race begins at 10:00 a.m. at the James Kennedy Family Aquatic Center located at 705 Park Road, Tipton, Iowa 52772

A course map will be included in the race packet

REGISTRATION: \$20 prior to March 25 and \$25 March 25 – time of the race.

Your participation supports the efforts of Families First of Cedar County

FEATURES:

- Race starts and finishes in front of The James Kennedy Family Aquatic Center.
- There is a downhill start and topography varies throughout the race. The course will be mapped by Bill Bails with a professional wheel for accuracy. There will be a finish shoot and ticker timer.
- Registration forms are available at <http://cedarcountyfamilies.org/about/>
- Check website for weather related announcements prior to the race. <http://cedarcountyfamilies.org/about/>
- There are no refunds and race packets will not be mailed out.

ADDITIONAL INFORMATION AT: (563)886-4377 cccpc@hotmail.com

CHECKS PAYABLE TO: Families First of Cedar County

MAIL CHECK & FORM TO: 107 Cedar Street Tipton, Iowa 52772

NAME: _____ SEX: _____ AGE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

E-MAIL _____ CELL PHONE: _____ HOMEPHONE: _____

Shirts are all Adult sizes – Circle one - Small Medium Large XLarge XXLarge

I know that running/walking a road race is a potentially hazardous activity. I know that I should not enter a run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the 5K. I assume all risks associated with running/walking this event. I also know that although police protection will be provided, I assume the risk of running / walking in traffic. Having read this waiver and knowing these facts and in consideration of you accepting my application and non-refundable entry fee, I, myself and anyone entitled to act on my behalf, waive and release the Families First, the City of Tipton, and all other sponsors, officials, volunteers, their representatives and successors from all claims or liabilities of my kind arising out of my participation in the March out the Madness 5K. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of the March Out The Madness 5k for any legitimate purpose.

Must be signed by Participant or Guardian (if under age 18)

Date