

Alliant Energy Fifth Season Race

8K Run • 5K Fun Run/Walk • Youth Mile Run • Kids' Fun Run

July 4, 2008 • May's Island, Cedar Rapids, Iowa • 8 a.m.

The 23rd Annual Alliant Energy Fifth Season 8K is the Fourth of July event for road racing in the Midwest. The race is a certified USA Track & Field 8K Run. It was ranked 3rd among women and 5th among men in 8K runs in the nation (American Road Racing Statistics, 2007). The scenic and rolling course begins on May's Island and features an out-and-back segment allowing runners to view the lead runners as they make their way past the turnaround point. Runners then wind their way back downtown to a downhill finish.

The Alliant Energy Fifth Season 5K Fun Run/Walk is a non-competitive event giving you the chance to get out with friends, stretch your legs and enjoy the Iowa morning.

8K and 5K participants receive a Brooks brand moisture management shirt, course entertainment, and fabulous post race party.

\$15,000 in prize money will be awarded according to USA Track & Field rules to the top twenty male and female overall finishers in the 8K race (high school and NCAA athletes are ineligible). 1st place prize money is \$2,500. Prize money of \$1,000 (1st-250, 2nd-\$150, 3rd-\$100) will be awarded to the top three male and female runners in each of the following divisions: Master (age 40+), State of Iowa, and Linn County. See prize money and resident eligibility rules on www.cvra.net. Age Division Awards for men and women in the 8K race are as follows: 15 & under (3); 16-19 (5); 20-24 (8); 25-29 (10); 30-34 (10); 35-39 (12); 40-44 (12); 45-49 (12); 50-54 (10); 55-59 (8); 60-64 (5); 65-69 (3); 70 & over (2).

The Alliant Energy Fifth Season Youth Mile Run and Kids' Fun Run begins in front of the Linn County Courthouse on May's Island. The Youth Mile Run begins at 9 a.m. with a staggered group start: girls followed by the boys. The Kids' Fun Run begins at 9:30 a.m. with kids 5 and under running 200 yards and kids 6-8 running a quarter mile. Participants receive an original T-shirt and a youth mile medal or kids fun run ribbon for finishing. Parents may run with their children and strollers are welcome. Sorry, no pets allowed. The KCRG Kids' Parade is at 10 a.m. Sign up for the random prize drawing at packet pickup. Trophies to boys and girls age divisions in the youth mile run: 9-10 (10); 11-12 (10) 13-14 (10)

Packet pickup for all races will be held at the Crowne Plaza Five Season Hotel, 350 1st Avenue NE on July 3 from 11 a.m. to 6 p.m. and on race morning from 6:30 am to 9 am. See www.cvra.net or www.active.com for more race information.

Register online at www.active.com before noon on July 2, 2008 or complete this entry form before June 27, 2008. Only one entrant per form. Feel free to photocopy this form. The entry fee is non-refundable.

Name Last name/First name	Age on 7/4/08	Sex

Address

City	State	Zip Code

Race Entered (Check box below)

8K Run <input type="checkbox"/>	5K Run Run/Walk <input type="checkbox"/>	Youth Mile Run <input type="checkbox"/>	Kids' Fun Run <input type="checkbox"/>	Linn County Resident (8K only) <input type="checkbox"/>
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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 (and parent/guardian if under 18)

Participant/Parent Guardian Signature

Date

Home Phone

Email Address

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



Moisture Management T-shirts (circle one)

8K Run * 5K Fun Run/Walk

S M L XL XXL (add \$2)

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

Pick up all T-shirts at packet pickup.

Registration Fees

8K or 5K entry postmarked by June 13	\$23
(CVRA members)	\$22
8K or 5K entry postmarked by June 27	\$25
8K or 5K entry July 3, packet pickup day	\$30
8K or 5K entry July 4, race day	\$35
Youth Mile Run entry postmarked by June 27	\$12
Youth Mile Run entry on July 3 & July 4	\$15
Kids' Fun Run entry postmarked by June 27	\$8
Kids' Fun Run entry on July 3 & July 4	\$10
Additional fee for Adult XXL T-Shirt	\$2
Donation to Hospice House of Mercy	\$

TOTAL amount submitted \$ _____