

CVRA 10th anniversary FREEZEFEST

5K Run/Walk February 27, 2010 - 11:00 AM

First Name _____ Last Name _____

Address _____

City/State/Zip _____

Age on February 27th _____ Birth Date _____ M/F _____

Phone _____ Email Address _____ (please print)

Moisture Management Long Sleeve Shirt

(Circle one) Small, Medium, Large, X-large, XX-large *Shirts not guaranteed on race day.*

Race Entered (circle one) 5K Run or 5K Walk

Registration Fees (no refunds)

Entry postmarked by Feb. 21st \$20.00,** (CVRA Members) \$18.00

Entry postmarked after Feb. 21st \$22.00, Feb. 28 (Race Day) \$25.00 **Make Checks Payable to: CVRA**

Mail to: Candy Mullen, 330 Larick CT, Marion IA. 52302 or sign up online at www.cvra.net.

**CVRA FREEZEFEST THANKS IT'S SPONSORS: PEPSI, RUNNING WILD,
FLECK SALES, COOKIE MONSTERS, CROWNE TROPHY, AND RIVER
VALLEY CHIROPRACTIC.**

**ALL Club SOCIAL TO FOLLOW THE RACE IN THE LODGE from 2 PM
until 8 PM with MWM, and Midwest Xtreme Tri Club, and CVRA**

Runner's age groups: (awards to the top 3 finishers in each group)

14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over

Awards will also be presented to the top male and female overall finishers in the run. Awards will be presented to the top three male and female walkers.

RACE COURSE AND LOCATION:

Race starts at Squaw Creek Park, in Marion, IA. We will be in the Prairie Oaks lodge. It's the first one you come to. Map is on website. Any questions call Candy Mullen at 319-210-0772.

Waiver:

I hereby release CVRA, the Freezefest, all volunteers, and sponsors from responsibility for any illness or injury which may be sustained while I am participating in the 5K event. By signing below, I am signifying that I am in proper physical condition to participate in this event. I give my permission for the use of my name and picture in any broadcast, telecast, or print media account of this event. I hereby affirm that I am 18 years of age or older, I have read this document, and understand its contents. (Parent or guardian must sign if participant is under age 18)

Signature: _____ Date: _____