

2014 WINTER IOWA GAMES

5K ROAD RACE

DATE

Sunday, January 26, 2014

SITE - NEW COURSE FOR 2014

Registration and Start/Finish at
Carver Elementary School
2007 Radford Rd.
Dubuque, IA

NEW TIME

8:00 AM - Packet pick up & registration

9:00 AM - Race begins

REGISTRATION

EARLY REGISTRATION DEADLINE

(\$20 Entry Fee)

Postmark: Monday, January 13

Online: Monday, January 13

LATE REGISTRATION DEADLINE

(\$25 Entry Fee)

Online only: Monday, January 20

On-site registration will be accepted for a \$25.00 fee

DIVISIONS

Male & Female

15 and under, 16-18, 19-24, 25-29, 30-34, 35-39,

40-44, 45-49, 50-54, 55-59, 60 and under

NEW COURSE FOR 2014!

The running course will be a 5K out and back on city streets. Course will be determined by weather conditions. Post race refreshments and results will be done inside Carver Elementary. Arrive early enough before race time so that a bib number can be assigned.

RULES: Current rules of USA Track and Field.

LATE ENTRIES: Race day registration is possible just prior to competition, from 8:00 - 8:45 AM. The late entry fee is \$25. For athletes under age 18, please bring a completed Individual Entry Form, with the parental signature on the waiver portion, or have the parents attend and sign the waiver on-site.

AWARDS: Medals will be given to the top three finishers in each age division. Awards also will be given to overall male and female winners. Award winners and all times will be posted at the completion of the race.

RACE RESULTS: Award winners and all times will be posted at the completion of the race.

CORNER MARSHALLS: If you, a family member or a friend can help as a corner marshall, please call the Road Race Commissioner. You will receive a "Volunteer" T-shirt and refreshments for helping out!

ROAD RACE DIRECTORS

Angie Salas 563.582.1877
runnerangie@aol.com

Darrell Zmolek 563-582-6838
zruns@aol.com

TO REGISTER FILL OUT ENTRY FORM ON BACK OR VISIT WWW.IOWAGAMES.ORG



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2014 WINTER IOWA GAMES ROAD RACE ENTRY FORM

- Form can be copied
- Athlete's T-shirt is included with the entry fee
- Make check or money order payable to "Iowa Games"



MAIL TO:
IOWA GAMES
1421 S. BELL AVE #104
AMES, IA 50010

ATHLETE INFORMATION (Thank you for printing all information)

FIRST NAME _____ LAST NAME _____ DATE OF BIRTH (MONTH/DAY/YEAR) _____ / _____ / _____

ADDRESS _____ CURRENT AGE _____
 MALE FEMALE

CITY _____ ZIP _____ GENDER _____

DAY PHONE _____ NIGHT PHONE _____ CELL PHONE _____

E-MAIL ADDRESS _____ T-SHIRT SIZE _____
Youth: 6-8 10-12 14-16
Adult: S M L XL 2XL 3XL

EMERGENCY CONTACT NAME AND PHONE NUMBER (Athletes under age 18, please list a parent/guardian) _____

SPORT INFORMATION (See reverse side for divisions)

EVENT DESCRIPTION
[For example: Female 16-18 years]

OFFICE USE ONLY:			
PM _____	PMT _____	EB _____	
CL _____	WV _____	FD _____	

IOWA GAMES ATHLETE or PARENT/GUARDIAN WAIVER INSTRUCTIONS

- Applicants under age 18 must have a parent or guardian complete Parts "A" and "B", persons 18 and older complete Part "A" only.

PART "A" - ATHLETE WAIVER AND RELEASE FROM LIABILITY

In consideration of being permitted to enter for any purpose any RESTRICTED AREA (herein defined as the areas to which admission by general public spectators is prohibited and in addition, consisting of the planned route, or any other area which the participant chooses to access by any mode of transportation), or being permitted to compete, officiate, observe, work for, or for any purpose participate in any way in the event, EACH OF THE UNDERSIGNED, for himself/herself, his/her personal representatives, heirs, next of kin, acknowledges, agrees and represents that he/she has, or will immediately upon entering any of such restricted areas, and will continuously thereafter, inspect such restricted area or areas and all portions thereof which he/she enters and with which he/she comes in contact, and he/she does further warrant that his/her entry upon such restricted area and that he/she finds and accepts the same as being safe and reasonably suited for the purpose of his/her use, and further agrees and warrants that if, at any time, he/she is in or about restricted areas and he/she feels anything to be unsafe, he/she will immediately advise the officials of such and will leave the restricted area(s):

1. HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the Iowa Sports Foundation, d/b/a/ Iowa Games, its affiliated clubs, organizations and licensed medical professionals, their respective administrators, officers, directors, representatives, agents, coaches, the promoters, hosts, other participants, operators, officials, sponsors, advertisers, owners and leasees of premises used to conduct the event and each of them, their officers, and employees, all for the purposes herein referred to as "releasees", from all liability to the undersigned, his/her personal representatives, assigns, heirs and next of kin for any and all damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in or upon the restricted area, and/or competing, officiating in, observing, or working for, or for any purpose participating in the event;
2. HEREBY AGREES TO INDEMNIFY AND SAVE HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in or upon the restricted area or in any way competing, officiating, observing, or working for, or for any purpose participating in the event and whether caused by the negligence of the releasees or otherwise.
3. HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE due to the negligence of releasees or otherwise while in or upon the restricted area and/or while competing, officiating, observing, or working for or for any purpose participating in the event.
4. EACH OF THE UNDERSIGNED expressly acknowledges and agrees that the activities at the event and in the restricted areas are dangerous and involve the risk of serious injury and/or death and/or property damage. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.
5. Hereby consent to allow my picture and/or voice or likeness to appear in any official documentary, promotional, exclusive television, radio or film coverage of the Iowa Sports Foundation, d/b/a/ Iowa Games in any manner incidental to my participation in the Iowa Sports Foundation, d/b/a Iowa Games and without compensation to me. THE UNDERSIGNED HAS READ THIS WAIVER AND RELEASE FROM LIABILITY, FULLY UNDERSTANDS ITS TERMS, UNDERSTANDS THAT SUBSTANTIAL RIGHTS ARE GIVEN UP BY SIGNING IT, AND SIGNS IT FREELY AND VOLUNTARILY, and further agrees that no oral representatives, statements or inducement apart from the foregoing written agreement have been made. This waiver, release and indemnification agreement, specifically embraces each and every event sanctioned, authorized, sponsored, co-sponsored, or promoted by said releasees during the entire season, including, without limitation, local or regional qualifying events, wherever located, and applies to each and every event, or activity hereinabove mentioned, and has the same effect as if executed after each and every activity or event in which the undersigned participates so that the parties herein intended to be released and indemnified shall be fully and effectively released and indemnified as to each and every event hereinabove described.

Signature: _____ Date: _____

PART "B" - PARENT/GUARDIAN WAIVER AND RELEASE FROM LIABILITY

(If applicant is under 18 years of age, the parent(s) or guardian(s) must execute in addition to the above, this following waiver;)
The undersigned, _____ referred to as the parent(s) and natural guardian(s) or legal guardian(s) of _____ does thereby represent that he/she (they) is (are), in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties herein referred to above as releases from all liability, loss, cost, claim or damage whatsoever may be imposed upon said releasees because of any defect in or lack of such capacity to so act and release said releasees on behalf of both of the undersigned.

Parent/Guardian Signature _____ Relationship to the Minor _____ Date _____