



Freezefest

5K Run/Walk
February 23, 2008 - 1:00 PM
Celebrating 50 years
With The Linn County
Conservation Department



First Name: _____ **Last Name:** _____

Address: _____

City/State/Zip: _____

Age on February 23rd: _____ **Gender:** _____ **Phone #:** _____

EMAIL address: _____ **(please print)**

T-Shirt Size: (circle one) small medium large X-large XX-large

Race Entered (Check Box) 5K Run 5K Walk

Make Checks Payable to: CVRA

Mail to: **Candy Ogden (Mullen)**
1136 33rd St N.E.
Cedar Rapids, IA 52402

Registration Fees (NO REFUNDS)	
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Entry postmarked by Feb. 15	\$18.00
** (CVRA Members)	\$16.00
Entry postmarked after Feb. 20	\$20.00
Feb. 23 (Race Day)	\$20.00

TOTAL amount submitted: \$ _____

CVRA SOCIAL TO FOLLOW THE RACE IN THE LODGE UNTIL 7PM

Runners age groups, (awards to the top 3 finishers in each group)
19 and under, 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. There will be no age groups for competitive walkers. 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 new lodge. It's the first one you come to. Signs will be posted. Any questions call Candy Mullen at 363-2661.

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 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:** _____