

# Alliant Energy Fifth Season Race

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

### September 1, 2008 • Green Square Park, Cedar Rapids, Iowa • 8 a.m.

The 23rd Annual Alliant Energy Fifth Season 8K is a certified USA Track & Field 8K Run. It was ranked 3<sup>rd</sup> among women and 5<sup>th</sup> among men in 8K runs in the nation (American Road Racing Statistics, 2007). The scenic and rolling course begins at Green Square Park 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.

\$11,600 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). 1<sup>st</sup> place prize money is \$1,000. Prize money of \$1,000 (1<sup>st</sup>-250, 2<sup>nd</sup>-150, 3<sup>rd</sup>-\$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](http://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 at Green Square Park. 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)

Registration and Packet pickup for all races will be held at the Crowne Plaza Five Season Hotel, 350 1st Avenue NE on Aug. 31 from 11 a.m. to 6 p.m. **Packet pickup only** on race morning from 6:30 am to 7:30 am. **No Race Day Registration!!** See [www.cvra.net](http://www.cvra.net) or [www.active.com](http://www.active.com) for more race information.

**Register online at [www.active.com](http://www.active.com) before noon on August 30, 2008 or complete this entry form before August 23, 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 9/1/08 Sex

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Address

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City State Zip Code

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**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 under18)**

Participant/Parent Guardian Signature	Date
Home Phone	Email Address <span style="color: red;">(Required Entry)</span>

**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 Aug. 2	\$23
(CVRA members)	\$22
8K or 5K entry postmarked by Aug. 23	\$25
8K or 5K entry Aug. 31, packet pickup day	\$30
Youth Mile Run entry postmarked by Aug. 23	\$12
Youth Mile Run entry on August 31	\$15
Kids' Fun Run entry postmarked by Aug. 23	\$8
Kids' Fun Run entry on August 31	\$10
Additional fee for Adult XXL T-Shirt	\$2
Donate to Hospice House of Mercy (separate check)	\$
Donate to Red Cross-Flood Victims (separate check)	\$

**No Race Day Registration**

**TOTAL amount submitted \$ \_\_\_\_\_**