

The Nineteenth Annual
Indian Summer Distance Classic
10 Mile Run and 4 Mile Walk/Run

Sponsored by **The Cedar Valley Running Association**
Saturday, October 11, 2008 – 9:00 A.M.

Online Registration available @ www.getmeregistered.com

At Lake Macbride State Park this scenic ground limestone trail winds along the lake. There are some short stretches of asphalt. There is one significant hill descending at about 1/2 mile from the start which you will have to ascend on the return. This is a well maintained and pretty trail but not a fast course. The route will be the same as the previous three years.

The park is entered on Highway 382 which runs west from Highway 1 in Solon and west from the T intersection of County Road W6E south out of Ely. Once in the park follow signs to the **Beach Lodge** parking lot. This Lodge has been reserved for us. Bathroom facilities are available but no showers. More information can be found at http://www.iowadnr.com/parks/state_park_list/lake_macbride.html and at www.cvra.net

Registration fee is \$15.00 CVRA members, \$17.00 non-members if mailed by **September 20th**, \$18.00 CVRA members, \$20.00 non-members by **October 4th**, and \$25.00 after that until 08:30 on race day. A no t-shirt option is available for \$10.00. Early registration has been moved up to help estimate ordering of a more expensive t-shirt. (On-line registration will follow these guidelines)

Each pre-registered participant is guaranteed a **long-sleeve moisture control** event t-shirt. Race day registrants are not guaranteed a shirt. There will be post-race refreshments and door prizes. Medals will be given for top 3 overall and 1-3 in 10 year age groups for both races. Call Bruce Bachmann at (319)363-7138, email sauerbac@mchsi.com Entry blanks and results from 2004-2007 are available at www.cvra.net

One person per entry blank (may be copied)

Name:			Male/Female:			
Address:			Age on Race Day:			
City:			State:		Zip:	
Phone:			Email:			
Event (**Circle One**)			T-Shirt Size (**Circle One**)			
4 Mile Walk	4 Mile Run	10 Mile Run	S	M	L	XL no t-shirt
<p>Waiver: I know that walking/running in a race is a potentially hazardous activity. I realize I should not walk/run unless I am medically able and have properly trained. I am fully aware of and assume all risks associated with this running/walking event. I and everyone entitled to act on my behalf, wave and release the Cedar Valley Running Association, The City of Solon, The Iowa Department of Natural Resources and its employees, all sponsors, volunteers, and race officials for any and all claims or liabilities for death or damages for all injuries to me or my property arising from this event.</p> <p>Signature: _____ (If under age 18, parent or guardian must sign)</p> <p>Make check payable to: CVRA Mail to: Bruce Bachmann, 1211 Memorial Drive, SE, Cedar Rapids, IA 52403</p>						