

# Alliant Energy Fifth Season Youth Mile Run & Kids' Fun Run

September 1, 2008 • Cedar Rapids, Iowa

The Cedar Valley Running Association presents the Alliant Energy Fifth Season Youth Mile Run and Kids' Fun Run underwritten by RPC Charitable Foundation-Iowa City, and KCRG-TV9 & Show You Care Sponsors: Collins Community Credit Union, Cedar Rapids Toyota-Scion, Carlos O'Kelly's Mexican Café, and Mercy Medical Center.

The Youth Mile Run for kids age **9-14** begins at **9 a.m.** at Green Square Park. The staggered group start begins with the girls followed by the boys. All kids will be timed and receive a mile medal for finishing. Entry fee is **\$12-\$15, depending on date of entry**. Trophies for boys and girls age divisions are as follows: 9-10 (10); 11-12 (10); 13-14 (10).

The Kids' Fun Run for kids age **8 and under** begins at **9:30 a.m.** at Green Square Park. The staggered age group start begins with the youngest age division: kids **5 and under** run 200 yards and kids **6-8** run a quarter mile. All kids receive a ribbon for finishing. Parents may run with their children and strollers are welcome. Sorry, no pets allowed. Entry fee is **\$8-\$10 depending on date of entry**.

All participants will receive an original T-shirt. T-shirts and numbers can be picked up at the Crowne Plaza Five Season Hotel on August 31<sup>st</sup> from 11 a.m. to 6 p.m. and on race morning from 6:30 am to 7:30 am. **No Race Day Registration**. Sign up for the random prize drawing. Winners will be announced prior to the start of the Kids' races. Stay and walk in the KCRG-TV9 Kids' Parade at 10 a.m.

**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

Address

City

State

Zip Code

Youth Mile Run

Race Entered  
(check one)

Kids' Fun Run

Age on 9/1/08

Sex

### 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.**

**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 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.

Parent/Guardian Signature

Date

Home Phone

Email Address  
(Required Entry)

**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

### Registration Fees

Youth Mile Run entry postmarked by Aug. 23	\$12
Youth Mile Run entry Aug. 31	\$15
Kids' Fun Run entry postmarked by Aug. 23	\$8
Kids' Fun Run entry Aug. 31	\$10
Donate to Hospice House of Mercy (separate check)	\$__
Donate to Red Cross-Flood Victims (separate check)	\$__

**No Race Day Registration**

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

