

# Mall to Mall Time Prediction Race

Sunday May 4, 2008

*A great early season race – you don't have to be the fastest to win!!*

Packet pickup and late registration start at 7:00 inside the Food Court Entrance of Lindale Mall.

**\*\*Walkers and runners will start at 8:00.\*\* Official timing and course closes at 10:30am\*\***

**Course:** An 8.84 mile route (GPS measured) from Lindale Mall (Food Court Area) to Westdale Mall (Younkers/Tri State Tours area). Route will include the Kernels ballpark and Cedar Memorial Cemetery. See race day map for exact route. The route will be open to traffic so use sidewalks where appropriate.

**No timing devices including IPODS are allowed.**

**Awards:** Fill in your time prediction below. The closest to their predicted time receives a ONE YEAR ADULT MEMBERSHIP TO THE YMCA.

**T-shirts:** Mark your size below. Register early to insure it on race day.

**Post Party:** Awards, prizes, refreshments and socializing inside Westdale Mall.

Proceeds will benefit Waypoint – services for women, children and families.

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Mail your entry to: **Mall to Mall** c/o Deb Gaddis 3682 Douglas Dr NE Solon, IA 52333  
Makes checks payable to **CVRA**

Questions??? Call 319 624-2844 or visit our club website [www.cvra.net](http://www.cvra.net).

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

**\*\*PREDICTED TIME\*\***

HOURS \_\_\_\_\_ MINUTES \_\_\_\_\_ SECONDS \_\_\_\_\_

**\*\* Remember you will be running on sidewalks and must stop for traffic and lights \*\***

Postmarked before 4/18/08

\_\_\_\_\_ \$15.00

\_\_\_\_\_ \$13.00 CVRA member

\_\_\_\_\_ \$12.00 No T-shirt

Late and Race Day

\_\_\_\_\_ \$20.00

\_\_\_\_\_ \$15.00 no T-shirt

**T-shirt size:** Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large \_\_\_\_\_ XX-Large \_\_\_\_\_

**Waiver:** In consideration of my participation in the Mall to Mall Time Prediction Race, I understand that CVRA, Westdale and Lindale Malls, their employees, the sponsors, and all people involved with Mall to Mall are not insurers of my personal safety. Myself, my heirs, executors, and administrators waive and release any and all rights and claims for any personal injury, property damage, loss or inconvenience by reason of their negligence in participation or sponsoring or planning or arranging Mall to Mall and activities associated therewith. All entrants will be participants at their own risk.

Race Applicant Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_  
(If under 18 years old)