



June 25, 2008 - Press Release – Alliant Energy Fifth Season Race

The Alliant Energy Fifth Season Race-8K Run, 5K Run/Walk, Youth Mile, and Kids' Fun Run scheduled for July 4<sup>th</sup> in downtown Cedar Rapids has been postponed to Labor Day, Monday, September 1<sup>st</sup> barring any unforeseen circumstances that may evolve as a result of the recent flood. The Cedar Valley Running Association (CVRA) will be working in conjunction with the Freedom Festival and city officials to ensure that the race continues in its strong tradition. Runners and walkers may expect small modifications to the course but “our hope is to provide an experience that all runners can enjoy,” said Mike Regan, Race Director.

The Cedar Valley Running Association and Alliant Energy Fifth Season Race has pledged \$5,000 to the local American Red Cross-Flood Relief Fund to assist flood victims in the local community.

The race will again contribute a percentage of its total revenues to the support of the Dennis and Donna Oldorf Hospice House of Mercy, where compassionate, professional end-of-life care is provided for those in need in our area.

Registration has resumed on active.com. The website [www.cvra.net/fifth](http://www.cvra.net/fifth) has been updated to reflect the changes to the event to be held September 1, 2008. Applicants can download the updated one page entry form to register for the event. The entry form is also available at area sporting good stores. We are planning to reprint the race brochures and expect to have them available by July 4<sup>th</sup>. Early registration ends August 2, normal pre-registration ends August 23, and online registration ends August 30. Late registration is at packet pickup on August 31.

Alliant Energy Fifth Season Race–Expo-Registration and Packet Pickup has been changed from July 3 to August 31 at the Crowne Plaza Five Seasons Hotel from 11 a.m. to 6 p.m.

Alliant Energy Fifth Season Race–Expo-Packet Pickup has been changed from July 4 to September 1 at the Crowne Plaza Five Seasons Hotel from 6:30 a.m. to 7:30 a.m. There is NO RACE DAY REGISTRATION for any events.

Prize money to the top twenty finishers has been reduced from \$15,000 to \$11,600. 1<sup>st</sup> place prize money has been changed from \$2,500 to \$1,000. 2<sup>nd</sup> place prize money has been changed from \$1,000 to \$800.

Race record bonuses of \$1,000 have been eliminated for the event. Press releases two weeks prior to event will notify race participants of any changes in the course.

The Fifth Season Freedom Frenzy scheduled for July 2 at 6 pm at the Crowne Plaza Five Seasons Hotel has been cancelled.

The Cedar Valley Running Association has cancelled all race training runs on all Thursdays at 5:30 p.m. at Green Square Park. The training runs have not been rescheduled.

The Cedar Valley Running Association is planning a Helpful Training Fun Run/Walk on July 4<sup>th</sup> at 8 a.m. beginning at Running Wild in Cedar Rapids. This fund-raising run will donate non perishable food, toiletry items and cash to the local American Red Cross Flood unit. The run is strictly a fun run or walk and you may run as long or short as you want.

Please refer to [www.cvra.net/fifth](http://www.cvra.net/fifth) and future media releases for race updates.

Mike Regan, Race Director  
Alliant Energy Fifth Season Race

Candy Mullen, President  
Cedar Valley Running Association