



August 11, 2008 –Race Course Changes – 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 4th in downtown Cedar Rapids has been rescheduled to Labor Day, Monday, September 1st. The Cedar Valley Running Association (CVRA) is working in conjunction with the Freedom Festival and city officials to ensure that the race continues in its long and prestigious tradition.

The biggest change was brought about by the uncertainties remaining about downtown Cedar Rapids and whether many of the things that are necessary for the successful running of the Alliant Energy Fifth Season Race would be in place this coming Labor Day. Consequently, the starting and finishing points have been moved five blocks east from May's Island to Green Square Park, 3rd Avenue and 5th Street SE. The award presentation and the post-race party will likewise be held at Green Square Park.

The altered 8K race course route is waiting on final approval by the City and certification by USATF.

The 8K race course is as follows: Start at Green Square Park-3rd Avenue & 5th Street SE, run east on 3rd Avenue, turn right on Grande Avenue, turn right on Woodland Drive, turn left on Bever Avenue, turn left into Bever Park, follow Bever Park (barrier at Bever Park will be removed) to Grande Avenue, turn right on Blake Blvd, turn left on Forest Drive, turn right on Grande Avenue, turn right on 3rd Avenue, turn left on 18th Street, turn left on 2nd Avenue to finish between 5th & 6th Street.

The 5K run/walk course is as follows: Start at Green Square Park-3rd Avenue & 5th Street SE-run east on 3rd Avenue, turn right on Bever Avenue to turnaround before 19th St, back on Bever Avenue, turn right on 3rd Avenue, turn left on 16th Street, turn left on 2nd Avenue to finish between 5th & 6th Street.

The Youth Mile run course is as follows: Start at Green Square Park-3rd Avenue & 5th Street SE-run east on 3rd Avenue, turn left on 12th Street, turn left on 2nd Avenue to finish between 5th & 6th Street.

The Kids Fun Run course for 0-5 year olds is as follows: Start at Green Square Park-3rd Avenue & 5th Street SE-run east on 3rd Avenue, turn left on 6th Street, turn left on 2nd Avenue to finish between 5th & 6th Street.

The Kids Fun Run course for 6-8 year olds is as follows: Start at Green Square Park-3rd Avenue & 5th Street SE-run east on 3rd Avenue, turn left on 7th Street, turn left on 2nd Avenue to finish between 5th & 6th Street.

The KCRG Kids Parade will follow the kids' fun run route for the 6-8 year olds.

Race Expo-Late Registration and Packet Pickup will be held at the Crown Plaza Five Seasons Hotel on Sunday, August 31st from 11 a.m. to 6 p.m. Packet Pickup (only) held on Monday, September 1st from 6:30 to 7:30 a.m. No race day registrations!!

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 our local community.

In addition, 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.

Because of all the city/flood required changes to the race this year, we have secured additional in-kind contributions of print and radio advertising to spread the word that, the RACE is ON.... Remember to tell your friends, relatives and neighbors to sign up at www.cvra.net/fifth and to reserve Labor Day, September 1st for the fun-filled, exciting and traditional July 4th Fifth Season Race in September!!

Please refer to www.cvra.net/fifth for race updates.

Mike Regan, Race Director
Alliant Energy Fifth Season Race

Candy Mullen, President
Cedar Valley Running Association