

Cedar Valley Running Association presents

Fairview Farm Trail Run & Walk In Beverly Park, Cedar Rapids, IA

Sunday August 9, 2009
7:30 am Rain or Shine!
Run distances 3 mile & 5 mile
Walk distance 3 mile only

For details: Lisa Paulos, race organizer at
mailto:lowa_Ultra_Queen@juno.com

The event is brought to you by:
Cedar Valley Running Association
<http://WWW.CVRA.net>

Linn Area Mountain Bike Association
<http://WWW.LAMBAonline.com>

The purpose of Fairview Farm Trail Run & Walk is to introduce Beverly Park and all its beauty to all of you in the area who have never heard of it. Trails are constructed and maintained by members of Linn Area Mountain Bike Association, but they are for everyone to enjoy. If you are looking to set a new personal record at either distance, hope to claim wallet bursting prize money, or take home lots of schwag, this is not the event for you. I hope you enjoy the wildness and natural surroundings of the trail system. Don't test my patience by wearing a MP3 player or something similar. I hope you appreciate the challenges and rewards trail running offers. Modest entry fees and awards allow me to keep the event simple. After expenses are met any excess entry fee money will be donated to the Cedar rapids Parks and Recreation Department for improvements to Beverly Park.

Entry Fee:

Pre-registration August 5 or before: \$2.50 a mile. That means \$7.50 if you enter a 3 mile event and \$12.50 if you enter the 5 miler.

August 6 until race day: \$3 a mile. That means \$9 for a 3 mile event and \$15 for the 5 miler. Race day registration closes at 7:15am.

What do you get for your money? First, you get the pleasure of enjoying friendly, structured competition on the trails in Beverly Park, the first sanctioned trail run in the park and in Cedar Rapids. You will be treated to delicious post race food and beverages, including coffee, provided by local sponsors. There will be modest awards for winners in each event.

What you won't get is a T shirt, a plastic bag with schwag, vendor fair, motivational speakers or disc jockey playing loud music. Beverly Park is in a residential neighborhood and in trying to be a good neighbor; we want to disturb people as little as possible on a Sunday morning. The neighbors are invited to join us.

Awards:

To Men's and Women's Winners in each event: 3 mile run, 5 mile run and 3 mile walk.

To the top Man and Woman over age 50 in the 3 mile and 5 mile run.

Awards will be presented once everyone has completed the course.

~8:45 am

Things to Know:

Please don't plan to run or walk with a pet or baby jogger. After the events are wrapped up, you are welcome to enjoy the trails as you wish.

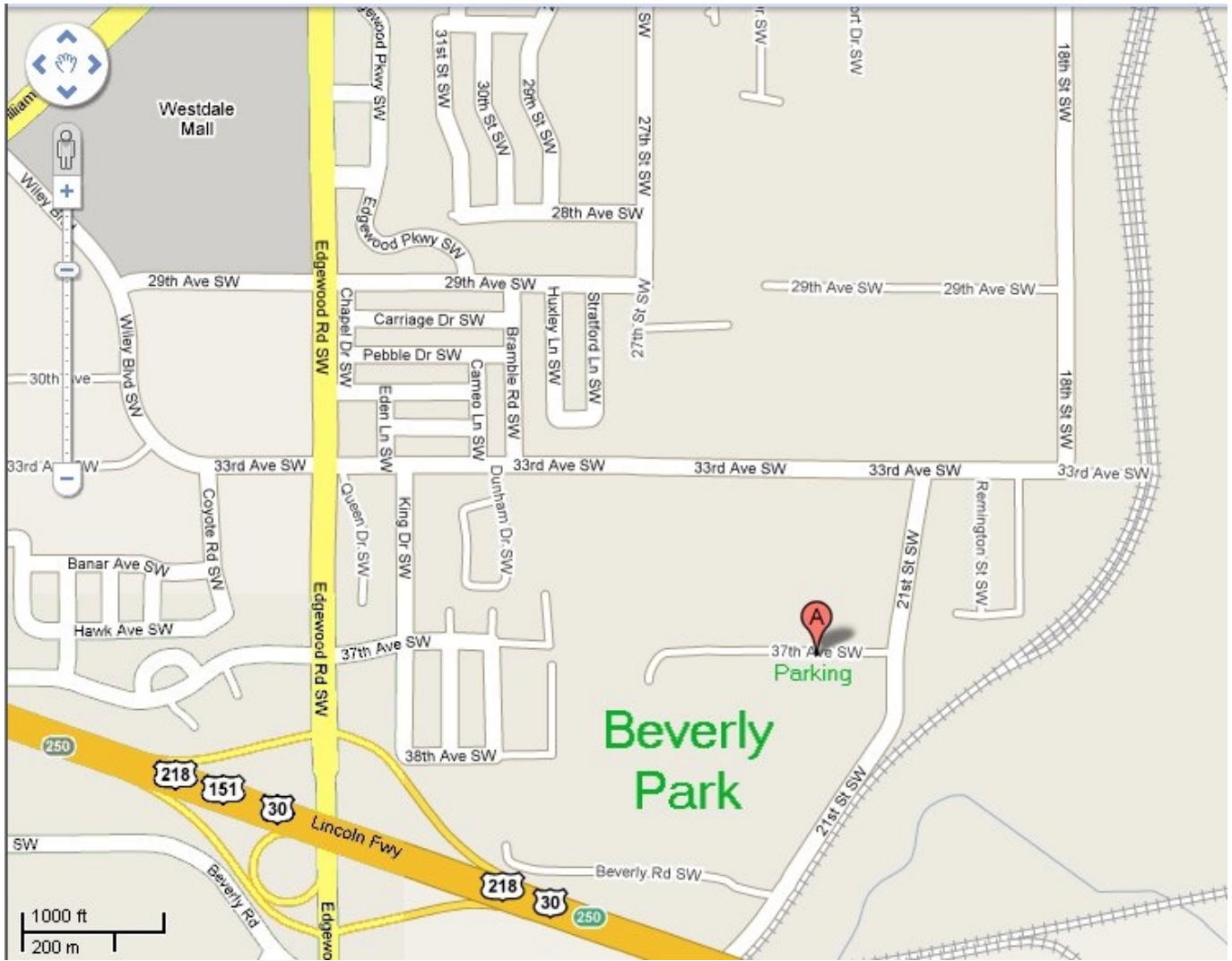
Please don't run or walk with a MP3 player or similar device.

I hope to keep human impact of the event to a minimum. With that in mind, I'll ask you to do the following:

1. Bring your own pins. Most people have participated at other running/walking events. Bring pins you have laying around for yourself and for others.
2. There won't be a water station on the course. There will be an assortment of beverages at the start/finish area. If you think you need a beverage during the race you are advised to carry a water bottle or wear a hydration pack. There is one point where the 3 and 5 mile routes intersect. There will be a course monitor at that point and there will be a place if you want to have a bottle to pick up. You supply the bottle and mark it with identification. The course monitor will transport it to the spot for you to pick up while you are running.
3. Don't litter. That means the little plastic tabs you rip off gels and anything else I have to pick up after you are gone. Better yet, pick up trash if you see any.
4. Don't get hurt. The 3 mile route is entirely on the "easiest" trails in the park. There are still places with uneven footing and natural obstacles like roots, rocks and an assortment of wildlife. The 5 mile route will have some increased difficulty. Both routes include hills. If it rains, there will be mud. First Aid will be available for minor scrapes.

There is no running water or flush toilets at the park. We hope that will change in the next year or two. Portable toilets will be available. You might want to bring a blanket or lawn chairs for after the race.

This is a "test" race to see how everyone likes the park and race format. There will be forms to provide feedback.



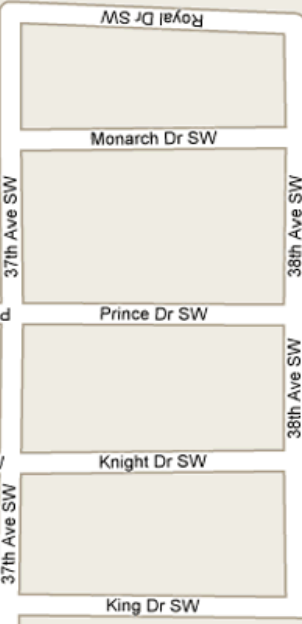
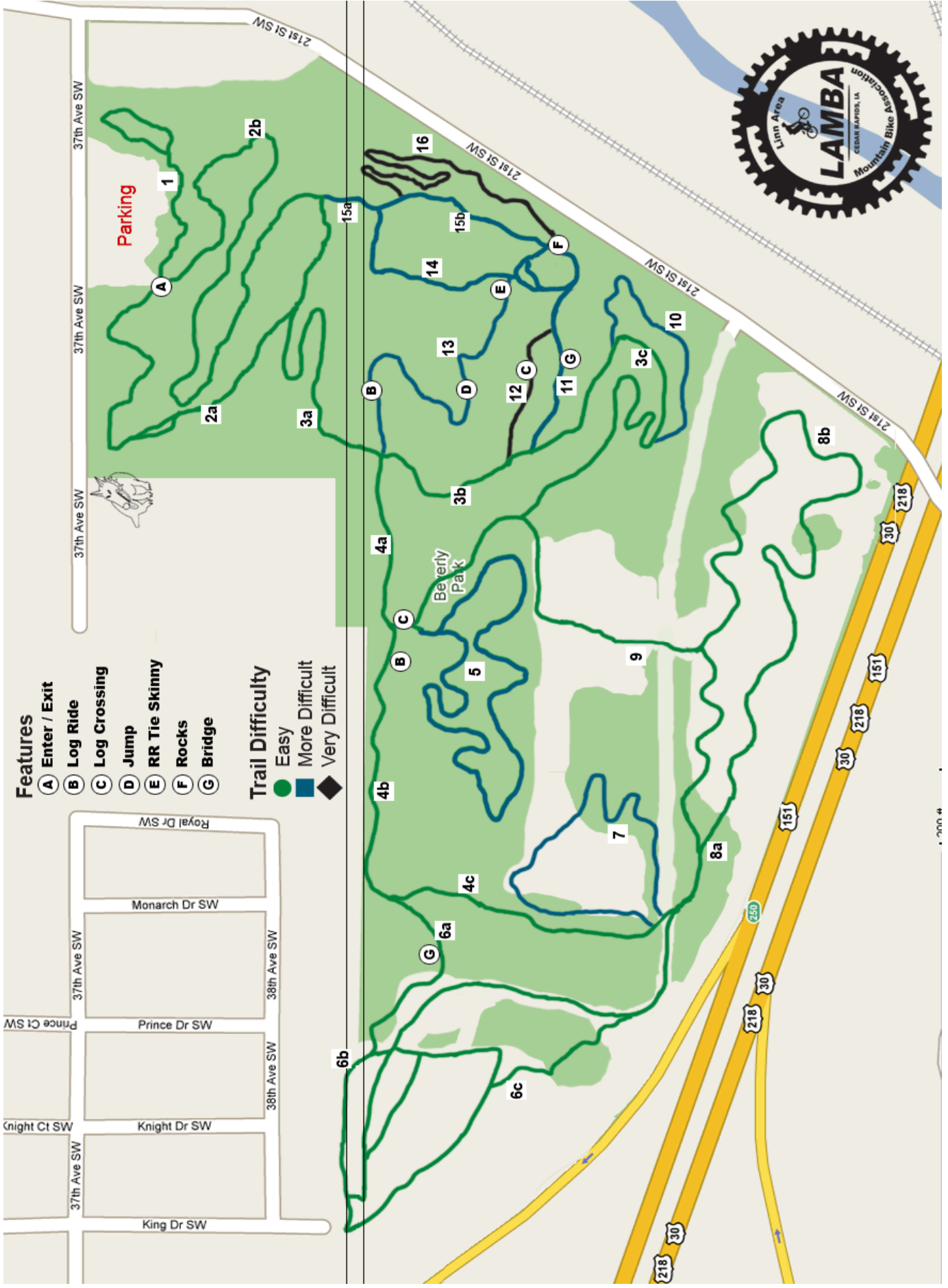
Directions to the park: US 30 to Edgewood Road, north to 33rd Ave, east to 21st St SW, south to 37th Ave SW. Look for signage to run & parking.



- Features**
- A** Enter / Exit
 - B** Log Ride
 - C** Log Crossing
 - D** Jump
 - E** RR Tie Skinny
 - F** Rocks
 - G** Bridge

- Trail Difficulty**
- Easy
 - More Difficult
 - ◆ Very Difficult

Parking



CVRA Fairview Farm Trail Run & Walk

Sunday August 9 2009 7:30 A.M.

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ email: _____

Emergency Contacts: _____

Event entering: (circle) 5 mile run 3 mile run 3 mile walk

Age (on race day): _____

Entry fee postmarked before August 6: \$12.50 for the 5 mile run or \$7.50 for the 3 mile run/walk

Entry fee after August 6 & race day: \$15.00 for the 5 mile run or \$9 for the 3 mile run/walk

Make checks payable to : CVRA

Mail entries to: PO Box 2781, Cedar Rapids, Iowa 52406-2781

Race day check in and race day entries start at 6:30 am at Beverly Park. Closes at 7:15 am.

For additional information contact Lisa Paulos (319) 364-5644 Iowa_Ultra_Queen@Juno.com

Event Waiver and Release of Liability (must be signed to register)

WARNING: READ CAREFULLY. THIS AGREEMENT INCLUDES A RELEASE OF LIABILITY AND WAIVER OF LEGAL RIGHTS AND DEPRIVES YOU OF THE RIGHT TO SUE THIS EVENT AND OTHER PARTIES. DO NOT SIGN THIS AGREEMENT UNLESS YOU HAVE READ IT IN ITS ENTIRETY. SEEK THE ADVICE OF LEGAL COUNSEL IF YOU ARE UNSURE OF ITS EFFECT. I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted to participate in this event. I am a voluntary participant in this event, and in good physical condition. I have been advised that I should seek advice from my physician before undertaking this physical exercise. I have either visited with my physician and received doctor's advice and consent to my exercise program or have waived such advice and consent of my doctor, and except any and all risks. In consideration of your acceptance of this entry, I for myself, my heirs, my executors, and administrators and assignees, forever release and discharge any rights, demands, claims for damages, and callers of suit or action, known or unknown, that I may have against the City of Cedar Rapids, Cedar Valley Running Association, Linn Area Mountain Bike Association, and any and all participating event sponsors and the directors, officers, employees, members and agents of such parties (the "Released Parties"), for any and all injuries resulting from my participation in the CVRA Fairview Farm Trail Run & Walk, that I assume those expenses in the event of an accident, illness, or other incapacity regardless of whether I have authorized such expenses, and that I am physically fit and sufficiently trained to participate in this event. I release the rights to any and all photographic materials and computer information the race committee may release from this event without obligation to me. YOU UNDERSTAND THAT PARTICIPATION IN THE EVENT IS POTENTIALLY HAZARDOUS, AND THAT A REGISTERED PARTY SHOULD NOT PARTICIPATE UNLESS THEY ARE MEDICALLY ABLE AND PROPERLY TRAINED IN OFF-ROAD RUNNING. YOU UNDERSTAND THAT FACILITIES ARE OPEN TO THE PUBLIC DURING THE EVENT AND UPON WHICH HAZARDS ARE TO BE EXPECTED. PARTICIPATION IN OFF-ROAD RUNNING CARRIES WITH IT CERTAIN INHERENT RISKS THAT CANNOT BE ELIMINATED COMPLETELY, RANGING FROM MINOR INJURIES TO CATASTROPHIC INJURIES INCLUDING DEATH. YOU UNDERSTAND AND AGREE THAT IN CONSIDERATION OF BEING PERMITTED TO PARTICIPATE IN THE EVENT, YOU AND ANY REGISTERED PARTY, THE HEIRS, PERSONAL REPRESENTATIVES OR ASSIGNS OF YOU OR THE REGISTERED PARTY DO HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE THE RELEASED PARTIES FOR ANY AND ALL LIABILITY FROM ANY AND ALL CLAIMS ARISING FROM PARTICIPATION IN THE EVENT BY YOU OR ANY REGISTERED PARTY. I understand that this Waiver and Release may be stored electronically and agree that a copy is authentic and admissible as evidence in any future dispute or proceedings. If I do not follow all the rules of this event, I understand that I may be removed from the competition. I give my full permission to this event and their sponsors and corporate sponsors to use any photographs, videotapes or other recordings of me that are made during the course of this event. You further expressly agree that this Waiver is intended to be as broad and inclusive as is permitted by the law of the State of Iowa and that if any provision of this Waiver shall be found to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Waiver and shall not affect the validity and enforceability of any remaining provisions.

IN THE CASE OF A MINOR, MY SIGNATURE OR INITIALS, ADDITIONALLY DEMONSTRATES MY AND MY CHILDREN(S)' CONSENT AND AGREEMENT TO ALL THE ABOVE TERMS.

I HAVE READ, UNDERSTOOD, AND ACCEPT THE AGREEMENT ABOVE.

Signature: _____ Date: _____

Signature of Parent/Guardian for persons under 18: _____ Date: _____