



Cedar Valley Running Association presents
Second Annual

Fairview Farm Trail Run & Walk

In Beverly Park, Cedar Rapids, Iowa

Sunday November 7, 2010 12:00 Noon



Dog Friendly Event



2545 Old River Rd SW
CEDAR RAPIDS, IOWA



Rain or Shine or Snow!
Run distances 3 mile & 5 mile
Walk distance 3 mile only

For details: race organizers
Lisa Paulos

Iowa_Ultra_Queen@Juno.com
Iowa_Ultra_Queen@Juno.com

Suzanne Nilles

SMNilles26.2@hotmail.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>



CVRA Fairview Farm Trail Run & Walk

Sunday November 7, 2010 12:00 noon

Name: _____

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

Phone: _____ email: _____

Emergency Contacts: _____

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

Bringing Dog (circle) yes no Dog's name _____

Your Age (on race day): _____

Entry fee postmarked before November 4: \$12.50 for the 5 mile run or \$7.50 for the 3 mile run/walk

Entry fee after November 5 & 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 11:00 am at Beverly Park. Closes at 1145 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: _____