



CVRA 12TH FREEZEFEST



5K Run/Walk February 18, 2012 - 11:00 AM

First Name _____ Last Name _____

Address _____

Zip _____ City _____ State _____

Age on February 18th _____ Birth Date _____ M/F _____

Phone _____ Email _____ (please print)

Moisture Management Long Sleeve Shirt (Circle one)

[XS] [Small] [Med] [Large] [X-large] [XX-large] *Shirts not guaranteed on race day.*

RACE ENTERED (circle one) 5K Run or 5K Walk

REGISTRATION FEES (no refunds)

Entry postmarked by Feb. 15th \$20.00,** (CVRA Members) \$18.00
Entry postmarked after Feb. 15th \$22.00, Feb.18th (Race Day) \$25.00 **Make Checks Payable to: CVRA**
Registration from 9 am to 10:45 race day.
A portion of the funds will go to a local charity, last year was the Red Cross.

Mail to: Candy Mullen, 330 Larick CT, Marion IA. 52302 or sign up online at www.cvra.net.

CVRA FREEZEFEST THANKS IT'S SPONSORS: PEPSI, RUNNING WILD, FLECK SALES, COOKIE MONSTERS, CROWNE TROPHY, AND RIVER VALLEY CHIROPRACTIC.
CLUB SOCIAL TO FOLLOW THE RACE IN THE LODGE until 7 PM with Midwest XtremeTri, and CVRA Members and Friends

RUNNER'S AGE GROUPS: (awards to the top 3 finishers in each group)

14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over
Awards will also be presented to the top male and female overall finishers in the run. Awards will be presented to the top three male and female walkers.

RACE COURSE AND LOCATION:

Race starts at Squaw Creek Park, in Marion, IA. We will be in the Prairie Oaks lodge. It's the first one you come to. Map is on website. Any questions call Candy Mullen at 319-210-0772. Race could be canceled or the park may close due to bad weather not normal February weather. Watch www.cvra.net if weather is bad and for other information regarding the race.

WAIVER:

I hereby release CVRA, the Freezefest, all volunteers, and sponsors from responsibility for any illness or injury which may be sustained while I am participating in the 5K event. By signing below, I am signifying that I am in proper physical condition to participate in this event. I give my permission for the use of my name and picture in any broadcast, telecast, or print media account of this event.
This event will be chip timed a \$10 fee will be assessed to all timing chips not returned.
I hereby affirm that I am 18 years of age or older, I have read this document, and understand its contents. (Parent or guardian must sign if participant is under age 18)

Signature: _____ Date: _____