

21st Anniversary  
**Indian Summer Distance Classic**  
**10 Mile Run and 4 Mile Walk/Run**  
**September 25, 2010 – 9:00 A.M.**

Sponsored by CVRA (Cedar Valley Running Association)

**Course:**

This unique race held at **Lake Macbride State Park** winds along the lake on a ground limestone scenic trail. The trail is well maintained and there are a few short stretches of asphalt included in the course. There is one significant hill descending at about ½ mile from the start which you will then ascend on the return. The course route will be the same as the previous four years.

**Directions:**

The entrance of the park is on Highway 382 (also named F16) which runs west from Highway 1 on Main Street in Solon and west from the T intersection of County Road W6E south out of Ely. Once in the park, follow signs to the **Beach Lodge** parking lot. This Lodge is reserved for the race. Bathroom facilities are available but no showers. More information at [www.cvra.net](http://www.cvra.net) and [http://www.iowadnr.com/parks/state\\_park\\_list/lake\\_macbride.html](http://www.iowadnr.com/parks/state_park_list/lake_macbride.html) The park website includes a map of the park and nearby roads.

**Registration fees:**

Mailed by September 6 <sup>th</sup> :	CVRA member = \$15.00	Non-member = \$17.00
Mailed by September 20 <sup>th</sup> :	CVRA member = \$18.00	Non-member = \$20.00
September 21 <sup>st</sup> thru Race day:	\$25.00 (Registrations cut off at 8:30 a.m. race day)	
No T-shirt option:	\$10.00. (\$15.00 on race day)	

Online Registration available @ [www.getmeregistered.com](http://www.getmeregistered.com)

Each pre-registered participant is guaranteed a **long-sleeve moisture control** event t-shirt. **Race day registrants are not guaranteed a shirt.** There will be post-race refreshments and door prizes. Medals will be given for the top 3 overall and 1st-3rd in 10 year age groups for both races. Questions?! Call Bruce Bachmann at (319)363-7138 or email [sauerbac@mchsi.com](mailto:sauerbac@mchsi.com). Entry blanks and results from 2004-2009 are available at [www.cvra.net](http://www.cvra.net)

We wish to thank our sponsors. Over the past several years we have had some very generous and consistent sponsors to include **Running Wild, Hall Bicycle, Nutri-Sports, Pepsico, Garment Design, Dairy Queen, River Valley Chiropractic, and Crown Trophy.** Various other businesses have also contributed. Please thank these sponsors if you get a chance.

Name:			Male/Female:			
Address:			Age on Race Day:			
City:		State:	Zip:			
Phone:			Email:			
<b>Event (***)Circle One(***)</b>			<b>T-Shirt Size (***)Circle One(***)</b>			
<b>4 Mile Walk</b>	<b>4 Mile Run</b>	<b>10 Mile Run</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL   no t-shirt</b>
<p>Waiver: I know that walking/running in a race is a potentially hazardous activity. I realize I should not walk/run unless I am medically able and have properly trained. I am fully aware of and assume all risks associated with this running/walking event. I and everyone entitled to act on my behalf, waive and release the Cedar Valley Running Association, The City of Solon, The Iowa Department of Natural Resources and its employees, all sponsors, volunteers, and race officials for any and all claims or liabilities for death or damages for all injuries to me or my property arising from this event.</p> <p>Signature: _____          (If under age 18, parent or guardian must sign)</p> <p>Make check payable to: <b>CVRA</b> Mail to: Bruce Bachmann, 1211 Memorial Drive, SE, Cedar Rapids, IA 52403</p>						