

22nd Anniversary
 Indian Summer Distance Classic
10 Mile Run and 4 Mile Walk/Run
September 24, 2011 – 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 with one mile of asphalt road in the 4 mile and about 2 miles of asphalt in the 10 mile. There is one significant hill descending at about 1/2 mile from the start which you will then ascend on the return. The course route will be the same as previous years.

Directions:

The entrance of the park is the west end of 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. From Exit 10 on Interstate 380 go east to W6E and then south. Once in the park, follow signs to the **Main Shelter** (last year was at the Beach Shelter, we are back up the hill) parking lot. This Lodge is reserved for the race. Bathroom facilities are available but no showers. More information at www.cvra.net and 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 4 th :	CVRA member = \$15.00	Non-member = \$17.00
Mailed by September 12 th :	CVRA member = \$18.00	Non-member = \$20.00
No T-shirt option:	\$10.00. (\$15.00 on race day)	

New and Important! If you want a t-shirt you must register early. I plan to place a final order on September 14th and will not be over ordering. These will be long sleeve moisture control shirts with every effort made to equal last year's popular model. Remember, you can still get a \$10 no t-shirt option if registration reaches me before race day. To make sure no one goes home empty handed there will be a table for "bring a shirt, take a shirt". Bring a race t-shirt and find one to take. Leftovers will be donated.

Online Registration available @ www.getmeregistered.com

There will be post-race refreshments and door prizes. Medals will be given for the top 3 male and female 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. Entry blanks and results from 2004-2010 are available at www.cvra.net

- - - - - Detach and keep the above information - - - - -

Name:			Male/Female:			
Address:			Age on Race Day:		DOB:	
City:			State:		Zip:	
Phone:			Email:			
Event (**Circle One**)			T-Shirt Size (**Circle One**)			
4 Mile Walk	4 Mile Run	10 Mile Run	S	M	L	XL no t-shirt

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.

Signature: _____
 (If under age 18, parent or guardian must sign)

Make check payable to: **CVRA** Mail to: Bruce Bachmann, 1211 Memorial Drive, SE, Cedar Rapids, IA 52403