

Mall to Mall Time Prediction Race

Sunday May 2, 2010 8am

A great early season race – you don't have to be the fastest to win!!

**Packet pickup and late registration start at 7:00 inside the food court area of Lindale Mall.
Walkers and runners will start at 8:00. Official timing and course closes at 10:30am****

Course: An 8.8 mile route from Lindale Mall to Westdale Mall (lower level Younkers area). Route will include the Cedar Rapids Kernels ballpark and Cedar Memorial Cemetery. Go to www.usatf.org/routes/view.asp?rID=205148 for exact route. The route will be open to traffic so use sidewalks where appropriate.

No timing devices including IPODS are allowed.

Awards: Fill in your time prediction below. The closest to their predicted time receives a ONE YEAR ADULT MEMBERSHIP TO THE YMCA.

Technical T-shirts: Size accordingly. Sign up pre race to guarantee a shirt.

Post Party: Awards, prizes, refreshments and socializing inside Westdale Mall.

Proceeds will benefit Habitat for Humanity.

Mail your entry to: **Mall to Mall** c/o Deb Gaddis 3682 Douglas Dr NE Solon, IA 52333

Makes checks payable to **CVRA**

Questions??? Call 319 624-2844 or visit our club website www.cvra.net.

Name: _____ Address: _____
City: _____ State: _____ Zip: _____
Phone: _____

****PREDICTED TIME****

HOURS _____ MINUTES _____ SECONDS _____

**** Remember you will be running on sidewalks and must stop for traffic and lights ****

Postmarked before 4/13/10

_____ \$20.00

_____ \$18.00 CVRA member

_____ \$13.00 No T-shirt

Late and Race Day

_____ \$25.00

_____ \$20.00 no T-shirt

T-shirt size: Small _____ Medium _____ Large _____ X-Large _____

Waiver: In consideration of my participation in the Mall to Mall Time Prediction Race, I understand that CVRA, Westdale and Lindale Malls, their employees, the sponsors, and all people involved with Mall to Mall are not insurers of my personal safety. Myself, my heirs, executors, and administrators waive and release any and all rights and claims for any personal injury, property damage, loss or inconvenience by reason of their negligence in participation or sponsoring or planning or arranging Mall to Mall and activities associated therewith. All entrants will be participants at their own risk.

Race Applicant Signature _____ Date _____

Parent/Guardian Signature _____ Date _____
(If under 18 years old)