

Mall to Mall Time Prediction Race

Sunday May 1, 2011

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

Packet pickup and late registration start at 7:00 Westdale Mall (lower level/Youngers)
Walkers and runners will start at 8:00. Official timing and course closes @ 10:30am

Course: An 8.8 mile route from Westdale Mall (lower level Youngers area) to Lindale Mall. Route will include the Cedar Rapids Kernels ballpark and Cedar Memorial Cemetery. Go to www.usatf.org/routes/view.asp?rld=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 Lindale Mall.

Proceeds will benefit Habitat for Humanity

Mail your entry to **Mall to Mall** c/o Kris Lee 425 A Ave NE, Walford, Ia. 52351

Make checks payable to **CVRA**

Questions?? Call 319-573-4226 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 4/13/11

_____ \$20.00
_____ \$18.00 CVRA member
_____ \$13.00 no shirt

Late and Race Day

_____ \$25.00
_____ \$20.00 no 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 the 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, me 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 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)