



**Cedar Valley Running Association**  
**19<sup>th</sup> Annual**  
**Pewterman Pentathlon**  
Sunday September 20 2009



**WHAT:** This unique event combines five different disciplines of running -- a 5K run, quarter mile run, one mile run, 100 yard dash and a ten mile run -- in that order and all in the same day! Each participant **MUST COMPLETE ALL FIVE EVENTS** to become a "Pewterman Pentathlete!" and receive an event t-shirt.

**WHERE:** Washington High School -- South Parking Lot - Forest Drive & Cottage Grove Avenue SE -- Cedar Rapids, IA Locker room and showers open – byot. Refreshments & snacks provided to all participants

**COURSE:** The track events (quarter mile, 1 mile, 100 yard dash) will be held on the all-weather quarter mile Washington track. The 5K is a tough and hilly road run. The ten mile course repeats the 5K course, includes a cross country segment through Bever Park and ends with reversing the original 5K loop -- very demanding and challenging! Train on hills!

**TIME:** The 5K will begin at 9:00 am. The amount of rest between each of the five events is about 15 minutes. The duration of the Pewterman is dependent on the number of competitors, but should last no more than four hours. Water will be available on both the 5K and ten mile runs.

**SCORING:** Runners will be timed for each of the 5 events. Times are converted to points by comparing your times to the world records for your gender and age group for the nearest WR distance. 200 points per event where you match the world record, down to 0 points at 2.5 times slower. Most total points wins for men & women. This age-adjusted method (added in 2002) means any one can win no matter how old.

**COST:** \$25.00 ( \$23.00 - \$2.00 Discount to CVRA Members ) Checks payable to CVRA

**RACE DIRECTOR:** Nick Gearhart 2015 Blake Blvd. SE Cedar Rapids, IA 52403  
 319-364-6567 (H) 319-363-6840 (W) nickgearhart@hotmail.com

**Past Champions**

<b>Men</b>	
1991	Jim Roubidoux
1992	Ron Nelson
1993	Jon Hajek
1994	Dale Rettenmeier
1995	Brad Addink
1996	Brad Addink
1997	Jon Armon
1998	Murray Nelson
1999	Dan Dall
2000	Nate Lawry
2001	Chad Goldsmith
2002	Andy Kauder (age 30)
2003	Mark Bresnan (age 24)
2004	Tom Novak (age 72)
2005	Terry Looby (age 48)
2006	Doug Hansel (age 47)
2007	Bill Bennett (age 42)
2008	Michael Nurre (age 55)

**Women**

Susan Skinner
JoAnne Riddell
JoAnne Riddell
Muriel Naumann
JoAnne Riddell
Jill Jones
Jenny Saylor
Becky Kobliska
Robyn Squire
Lisa Paulos
Danielle Wangsness
Megan Maher (age, not going there gents)
Erin Bresnan
Helen Fuller
Kate Wilson
Deb Gaddis
Muriel Naumann
Deb Gaddis

**PP Records**

<b>Men</b>			
5K Run	Andy Kauder	16:47	2002
¼ Mile	Ean Caskey	52.84	2002
1 Mile	Andy Kauder	4:49.33	2002
100 Yards	Robby Marvin	10:84	2007
10 Miles	Steve Maresh	59:02	1996

**Women**

Nancy Foxen	19:26	2007
Erin Bresnan	1:07.05	2003
Nancy Foxen	5:42.55	2007
Megan Maher	13.37	2002
Jenny Saylor	1:10:31	1997

# 19<sup>TH</sup> ANNUAL PEWTERMAN PENTATHLON

Hosted by the Cedar Valley Running Association

Sunday, September 20 2009, 9:00 am --  
Washington High School, Cedar Rapids, IA

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AGE (As of race day) \_\_\_\_\_ GENDER M/F DATE OF BIRTH \_\_\_\_\_

HOME PHONE \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

T-SHIRT Size: SMALL: \_\_\_\_\_ MEDIUM: \_\_\_\_\_ LARGE: \_\_\_\_\_ XL: \_\_\_\_\_

100 Yard personal record : \_\_\_\_\_ (say what?) or 100 meters: \_\_\_\_\_

ENTRY FEE \$25.00 ( \$23.00 - \$2.00 discount to CVRA members )

CHECKS PAYABLE TO: CVRA

MAIL ENTRIES TO: Nick Gearhart  
2015 Blake Blvd. SE  
Cedar Rapids, IA 52403

## 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 I am properly trained. I am fully aware and assume all risks associated with this walking/running event. I and everyone entitled to act on my behalf, waive and release the Cedar Valley Running Association (CVRA), Washington High School of Cedar Rapids, Iowa, 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 \_\_\_\_\_ DATE \_\_\_\_\_

If under 18, signature of parent or guardian \_\_\_\_\_