



Swamp Fox Festival

5K Run, 5K Fun Walk
September 18, 2010 8:00am

Name: First _____, Last _____

Address: _____ City: _____ State: ____ Zip: _____

Phone: _____ Age on Sept. 18, 2010 _____ Circle one: Male/Female

T-shirt size, (circle one): S M L XL XXL

Fees:	**Postmarked by September 3	\$18	** CVRA
	**Postmarked by September 10	\$20	members
	After September 10	\$22	receive \$2
	ALL RACE DAY REGISTRATIONS	\$25	discount

Make Checks Payable to: Swamp Fox Run, 4500 Tenth St. Marion, IA 52302

Participant Age Groups (Please circle one):

14 & Under 15-19 20-24 25-29 30-34
35-39 40-44 45-49 50-54 55-59 60 & Over

Race Course: Race course starts in downtown Marion adjacent to the Depot Pavilion at 6th Avenue and 11th Street. The course is mostly flat with a few rolling hills.

Race Awards/Race Results: Awards will be presented to the first overall male and female finishers. Age group awards for the top 3 finishers in each age group. Chip Timing will be used this year. Instructions on using the chips will be available at packet pick-up. Results will be available on-line at www.cvra.net.

Packet Pick-Up and Registration: Registration and packet pick-up is at the caboose in Marion Square Park near the Depot Pavilion on Friday, September 17th from 4:00-7:00pm and on Saturday September 18th from 7:00-7:45am. Any questions call Gretchen Lawyer at 319-377-1198 or email gretchenlawyer@gmail.com

*The Swamp Fox 5K is the participating race for the CVRA "Couch to 5K" running program. For more information visit www.cvra.net/couch-to-5K

Waiver: I hereby release the Swamp Fox Festival, all volunteers and sponsors from the responsibility for any illness or injury, which may be sustained while I am participating in the 5K event. By signing below, I am signifying that I am in proper physical condition to participate in this event. I hereby affirm that I am 18 years of age or older. I have ready this document, and understand its contents. (Parent or guardian must sign if participant is under age 18).

Signed

Date