

**Grace Episcopal/ Cedar Valley Humane  
Society 5K Fun Run/ Walk  
And Blessing of the Animals  
October 4, 2009, 11:00 AM**



**Run/Walk Information:**

This will be a 5K fun walk or run for adults, children and pets with a portion of the proceeds to benefit the Cedar Valley Humane Society. The walk/ run will begin at Grace Episcopal Church, walk/run along 1st Avenue, pick up the Nature Trail around Cedar Lake, and return to Grace Episcopal for a Blessing of the Animals, free refreshments and door prizes. T-shirts to commemorate the event will be provided to all participants.

**Blessing of the Animals Information:**

The Blessing of the Animals will take place at 12:00 noon in the upstairs main sanctuary of Grace Church. Mother Alice Haugen will be blessing each and every pet or if your pet is unavailable she will be more than happy to bless a picture!

Registration by September 18, 2009 for the walk/run will be \$10.00 for adults and \$5.00 for children, 12 and under. Registration after September 18, and up to the day of the race will be \$12.00 for adults and \$7.00 for children, 12 and under. All leashed pets are, of course, free and welcome! Packet pick up and registration the day of the race will begin at 10:00 a.m. in the lower level of the church. For further information, please feel free to contact Karla Gibson at 319/377-6943, [kdbGibson@imonmail.com](mailto:kdbGibson@imonmail.com) or Diane Stewart at 319/390-8703, [rndstewart@mchsi.com](mailto:rndstewart@mchsi.com).

**PLEASE SEE THE FOLLOWING INSTRUCTIONS, ENTRY FORM , AND  
WAIVER:**

**Please fill out the following form, sign the waiver, and mail to:**

**Grace Episcopal Church  
525 A Avenue NE  
Cedar Rapids, IA 52401**

**Please submit one signed registration and waiver per runner. Make checks payable to Grace Episcopal Church and indicate Humane Society Walk/Run on the memo line.**





**Grace Church and Cedar Valley Humane Society Blessing of the Animals and Fun Walk/ Run**



\_\_\_\_\_  
**First and Last Name**



\_\_\_\_\_  
**Street Address**



\_\_\_\_\_  
**City/State/Zip**



\_\_\_\_\_  
**Phone** **E-mail address**



\_\_\_\_\_  
**Birthdate** **Age** **M/F**

**Please circle T-shirt size:**

**Adult: S M L XL**

**Youth: S M L**



**Waiver: In consideration of my participation in the Grace Episcopal Church and Cedar Valley Humane Society Blessing of the Animals and Fun Walk/Run, I the undersigned, my heirs, executors and administrators consent to discharge, release and hold harmless Grace Episcopal Church, the Episcopal Diocese of Iowa, the Cedar Valley Humane Society, the City of Cedar Rapids, Linn County, race sponsors, workers, volunteers and their affiliates, successors and distributors for claims, actions, losses damages or expenses for personal or bodily damage and property loss or damage incurred by me arising out or in connection with my participation in this event. I hereby grant permission to the parties listed herein to use my name, photographs, videotapes or any other record of my participation in this event for any purpose. The officials of this event have my permission to contact any physician and utilize an ambulance services if they deem it necessary for my treatment in an emergency.**



\_\_\_\_\_  
**Runner's Signature**



\_\_\_\_\_  
**Parent/Guardian Signature (if runner is under 18)**