



Saturday, June 11th, 9AM
www.crruntheflood.com

Run to Rebuild
Run to Recover
Run to Remember

Paper registration must be postmarked by **June 6th.**

Participants Name (first name/last name)

Email Address

Phone Number

Emergency Contact Information (first name, phone number)

Birthdate:

Select Race 7 Mile 5 K

Race Timed Yes No

Select Gender Male Female

City

State

Fees - For Paper Registration

\$10 9 and Under Through 5/31

\$30 10 and Over Through 5/31

(\$25 + \$5 check processing fee)

\$35 All participants 6/1 - 6/11

T-Shirt Upgrade to a moisture management shirt for an additional \$10

Optional Donation to your charity of choice

Total Enclosed *

* No refunds, cancellations, or transfers

T-Shirt Selection*

Adult Sizes

3XL 2XL XL

L M S

Youth Sizes

L M S

* size not guaranteed after 6/6

Donation Receipts

Choose your favorite charity:

Block By Block

Habitat for Humanity

Greater Cedar Rapids

Community Foundation

The board of directors of Run the Flood exclusively reserves the right to allocate any net earnings among the organizations listed above or to any other qualifying organization classified as a non-profit entity, as described in its articles of incorporation filed with the State of Iowa. The board of directors of Run the Flood can not guarantee that a pro-rata share of net earnings will be allocated to the organization of your choice and your designation does not constitute a restriction placed as a "donor-designated contribution" under Internal Revenue Service codes and regulations. A nominal amount of net earnings will be retained by Run the Flood to fund subsequent year activities of the organization. However, good faith effort will be expended to comply with your wishes.

Event Waiver - Signature Required for Event Participation

WARNING: READ CAREFULLY. THIS AGREEMENT INCLUDES A RELEASE OF LIABILITY AND WAIVER OF LEGAL RIGHTS AND DEPRIVES YOU OF THE RIGHT TO SUE THIS EVENT AND OTHER PARTIES. DO NOT SIGN THIS AGREEMENT UNLESS YOU HAVE READ IT IN ITS ENTIRETY. SEEK THE ADVICE OF LEGAL COUNSEL IF YOU ARE UNSURE OF ITS EFFECT.

I understand that my consent to these provisions is given in consideration of the acceptance of this registration as an event participant and/or as a volunteer and for being permitted to participate in this event. I am a voluntary participant in this event, and in good physical condition. I have been advised that I should seek advice from my physician before undertaking this physical exercise. I have either visited with my physician and received doctor's advice and consent to my exercise program or have waived such advice and consent of my doctor, and except any and all risks. In consideration of your acceptance of this entry for race participation and/or as a volunteer, I for myself, my heirs, my executors, and administrators and assignees, forever release and discharge any rights, demands, claims for damages, and callers of suit or action, known or unknown, that I may have against Kari Ann Lammer and Kathleen Margaret Pegg and any and all participating eventsponsors and the directors, officers, employees, and agents of such parties, for any and all injuries resulting from my participation in the RUN THE FLOOD, that I assume those expenses in the event of an accident, illness, or other incapacity regardless of whether I have authorized such expenses, and that I am physically fit and sufficiently trained to participate in this event. I release the rights to any and all photographic materials and computer information the race committee may release from this event without obligation to me.

YOU UNDERSTAND THAT PARTICIPATION IN THE EVENT IS POTENTIALLY HAZARDOUS, AND THAT A REGISTERED PARTY SHOULD NOT PARTICIPATE UNLESS THEY ARE MEDICALLY ABLE AND PROPERLY TRAINED. YOU UNDERSTAND THAT EVENTS MAY BE HELD OVER PUBLIC ROADS AND FACILITIES OPEN TO THE PUBLIC DURING THE EVENT AND UPON WHICH HAZARDS ARE TO BE EXPECTED. PARTICIPATION CARRIES WITH IT CERTAIN INHERENT RISKS THAT CANNOT BE ELIMINATED COMPLETELY RANGING FROM MINOR INJURIES TO CATASTROPHIC INJURIES INCLUDING DEATH. YOU UNDERSTAND AND AGREE THAT IN CONSIDERATION OF BEING PERMITTED TO PARTICIPATE IN THE EVENT, YOU AND ANY REGISTERED PARTY, THE HEIRS, PERSONAL REPRESENTATIVES OR ASSIGNS OF YOU OR THE REGISTERED PARTY DO HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE ACTIVE FOR ANY AND ALL LIABILITY FROM ANY AND ALL CLAIMS ARISING FROM PARTICIPATION IN THE EVENT BY YOU OR ANY REGISTERED PARTY.

I understand that this Waiver and Release may be stored electronically and agree that a copy is authentic and admissible as evidence in any future dispute or proceedings. If I do not follow all the rules of this event, I understand that I may be removed from the competition. I give my full permission to this event and their sponsors and corporate sponsors to use any photographs, videotapes or other recordings of me that are made during the course of this event. **Severability.** You further expressly agree that this Waiver is intended to be as broad and inclusive as is permitted by the law of the State of Iowa and that if any provision of this Waiver shall be found to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Waiver and shall not affect the validity and enforceability of any remaining provisions.

SIGNATURE BELOW INDICATES YOU HAVE READ, UNDERSTAND, AND AGREE TO THE TERMS AND CONDITIONS IN THIS EVENT WAIVER AND RELEASE OF LIABILITY FOR RUN THE FLOOD. IN THE CASE OF A MINOR, MY SIGNATURE OR INITIALS, ADDITIONALLY DEMONSTRATES MY AND MY CHILDREN(S)' CONSENT AND AGREEMENT TO ALL THE ABOVE TERMS.

Date _____ Signature (Guardian if minor) _____

Event release must be signed and dated!
Make check payable to: Run the Flood and mail to:
Run the Flood . 424 1st Ave NE . Cedar Rapids, IA 52401