

**CEDAR FALLS JUNIOR CHAMBER**



*"Developing Iowa's Future Leaders, Today."*

The Cedar Falls Junior Chamber (Jaycees) is a leadership development organization for young people, ages 21-40, that provides members the opportunity to develop personally and professionally in the areas of Entrepreneurship, Community Engagement, Individual Development and International Involvement.



The 5K for Independence Day is a  
Trekman Racing Race



**PRESENTED BY THE CEDAR FALLS JUNIOR CHAMBER**

*Celebrating Community,  
Family & Freedom!*

**Roger Birdsall Memorial Park  
Cedar Falls, IA**

Benefiting the Cedar Falls  
Star Spangled Sky Fireworks Festival



*5K for Independence Day* involves running and walking – activities which may include risks such as, but not limited to, falls, interaction with other participants, effects of weather, traffic, and conditions of the road. In consideration of being allowed to participate in this event, I hereby expressly assume all risks, including personal injury and death, arising in any way out of my participation in the *5K for Independence Day* and related activities. It is my responsibility to dress appropriately. Although route maps, rest stops, refreshments, and other assistance may be made available during this event, I am solely responsible for my own health and safety. I represent and warrant that I am physically fit and able to participate in this event and I agree to stop and request assistance if I experience any symptoms such as, but limited to, dizziness, excessive fatigue, shortness of breath, pain or any other conditions which would make it difficult or unsafe to continue. I agree, for myself, my heirs, executors and administrators, to not sue and to release, indemnify and hold harmless, the Cedar Falls Jaycees, its affiliates, officers, directors, volunteers and employees, and all sponsoring businesses and organizations and their agents and employees, from any and all liability, claims, demands, and causes of action whatsoever, arising out of my participation in this event and related activities – whether it results from the negligence of any of the above or from any other cause. Further, I hereby grant full permission to the aforementioned parties to use my name, likeness, and voice, as well as any photographs, video tapes, motion pictures, or any other record of this event in which I appear for any legitimate purpose. This release and indemnification agreement shall be as broad and inclusive as is permitted by the state of Iowa. If any portion of it is held invalid, the balance shall continue in full force and effect.

Signature of participant or parent / guardian if under 18

Date

## ABOUT THE RACE

Kick off your July 4th weekend with the **5th Annual 5K for Independence Day!**

Invite your friends, family and neighbors to join in this family oriented run.

All proceeds from the event benefit the **Cedar Falls Star Spangled Sky Fireworks Festival.**

## EVENT INFORMATION

- When** Saturday, July 2nd
- Location** Birdsall Memorial Park on 12th Street in Cedar Falls
- Race Start** 8:00 am
- Kids Run** Following the 5K for any kids who would like to participate.
- Additional Information** Families and strollers are welcome!
- Registration** Complete & return the attached registration form or register online via GetMeRegistered.com.

## RACE CHECK IN & PACKET PICK-UP

Race check in will be between 7:00 am and 7:45am at Birdsall Memorial Park the morning of the race

Downloaded via [RunningWall.com](http://RunningWall.com)

## AWARDS TO

**Overall Male Finisher**  
**Overall Female Finisher**

**Top three in each** female and male category:

12-19	30-39	50-59
20-29	40-49	60-over

## CONTACT INFORMATION

**Rob Haaland** at (319) 231-8618 or [rob.haaland@gmail.com](mailto:rob.haaland@gmail.com) or visit [www.cedarfallsjaycees.org](http://www.cedarfallsjaycees.org)

## THANK YOU SPONSORS!



- Registration includes race, t-shirt\*, race packet, one raffle entry, and light refreshments following the race.
- Event check-in starts at 6:30 am.
- On-line Registration available at [GetMeRegistered.com](http://GetMeRegistered.com).
- \*Only pre-registered athletes are guaranteed a t-shirt.

Name(s) \_\_\_\_\_

Address/City/State \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Date of Birth \_\_\_\_\_ Gender: M F

\_\_\_\_\_ \$16.00 per participant prior to June 12

\_\_\_\_\_ \$18.00 per participant after June 12, but before June 26

\_\_\_\_\_ \$20.00 per participant on race day

\_\_\_\_\_ **Family Special:** \$56.00 per family of 4 if registered prior to June 26.

T-Shirt size.\* S M L XL XXL

Please sign the disclosure on the back of this form before submitting

Make checks Payable to: Cedar Falls Jaycees.  
Mail to: 5k for Independence Day,  
PO Box 912, Cedar Falls, IA 50613