



# Swamp Fox Festival

## 5K Run, 5K Fun Walk

September 10, 2011 8:00am

**Race Course:** Race course starts in downtown Marion behind the Depot Pavilion on 6<sup>th</sup> Avenue. This year's course will go through Oak Shade Cemetery first, then onto 1<sup>st</sup> Avenue to 31<sup>st</sup> St., and back on 5<sup>th</sup> Avenue winding its way back to the finish on 6<sup>th</sup> Avenue.

**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. Chips will only be available for pick-up on race day. Instructions on using the chips will be available at packet pick-up. All chips must be returned after crossing the finish line. Unreturned chips will be charged a fee. Results will be available on-line at [www.cvra.net](http://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 9<sup>th</sup> from 4:30-7:00pm and on Saturday September 10<sup>th</sup> from 6:45-7:45am. To register online go to <http://www.cvra.net/races/swamp-fox>. Any questions call Gretchen Lawyer at 319-377-1198 or email [gretchenlawyer@gmail.com](mailto: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](http://www.cvra.net/couch-to-5K)

**Registration – Please fill out form below and mail with check to:  
SWAMP FOX RUN, 4500 10<sup>th</sup> Street Marion, IA 52302**

**Name:** First \_\_\_\_\_, Last \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Age on Sept. 10, 2011** \_\_\_\_ **Circle one: Male/Female**

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

<b>Fees:</b>	<b>**Postmarked by August 19th</b>	<b>\$18</b>	<b>** CVRA members receive \$2 discount</b>
	<b>**Postmarked by September 2nd</b>	<b>\$20</b>	
	<b>After September 2nd</b>	<b>\$25</b>	

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 read this document, and understand its contents. (Parent or guardian must sign if participant is under age 18).

\_\_\_\_\_  
Signed

\_\_\_\_\_  
Date