



11th Annual

GO THE DISTANCE FOR CRIME VICTIMS 5K RUN/WALK

WHEN: SATURDAY, APRIL 1, 2017
9:00 A.M.

WHERE: THOMAS PARK—MARION, IA

SPONSORED BY:

CEDAR RAPIDS POLICE PROTECTIVE ASSOCIATION



SOURCE ONE LOGOS



Cedar Valley Friends of the Family



Horizons SURVIVOR'S PROGRAM

Shaping a future free of violence and homelessness



WAYPOINT



RoadID It's Who I Am

HyVee.



GFWC-5 Season's Women's Group

UnityPoint Health
St. Luke's

FOULA YOGA
yoga ~ meditation ~ unity

CROWN TROPHY
NATIONALLY KNOWN, LOCALLY OWNED



WAYS TO REGISTER:

1. gothedistance5k.com or getmeregistered.com
2. Complete paper registration form and mail in
3. Register in person at Race Bag Pick-up
4. Register in person day of the 5K

Must register by 3/23/17 at 11:59pm in order to receive a shirt and to be eligible for door prizes!

RACE BAG PICKUP:

Friday, March 31, 2017 4:00pm-6:00pm

@ Cedar Rapids Police Department
505 1st Street SW
Cedar Rapids, IA

RACE DAY:

Saturday, April 1, 2017 @ Thomas Park in Marion, IA

Between 7:00-8:45:

Race Bag pickup

Registrations will be taken up until 8:45am

CHIP TIMERS ARE AVAILABLE FOR PICK UP ON RACE DAY

AWARDS: Given immediately following the race. Trophies awarded for overall male & female finisher. Medals given for 1st, 2nd & 3rd place in the following categories for both male & female runners: Up to 13, 14-19, 20-29, 30-39, 40-49, 50-59, 60+ and Walker. In order to be eligible for a walking award, you must keep one foot on the ground at all times. Final results will be posted on www.gothedistance5k.com the week following the race.

Dogs, strollers & wagons welcomed!



ENTRY FORM



MAIL TO: Go the Distance for Crime Victims 5K

P.O. Box 323
Cedar Rapids, IA 52406-0323

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL _____ PHONE _____

Age on 4/1/17 _____

- Male 5K Run
- Female 5K Walk

PLEASE MARK THE APPROPRIATE FEES AND LONG-SLEEVE SHIRT SIZE:

ADULTS:

KIDS 13 & UNDER

- \$32** with shirt (registration must be received by 3/23/17 at 11:59pm)
- \$25** no shirt

- \$20** with shirt (registration must be received by 3/23/17 at 11:59pm)
- \$10** no shirt

BLUE LONG-SLEEVE SHIRT SIZE (CIRCLE ONE)

Adult: S M L XL XXL
(add \$2)

Youth: XS S M L XL



\$5 BANDANA

TOTAL: _____

After completing the above information, please **read and sign the waiver below.**

Waiver: I hereby absolve and release the City of Marion and its employees, Linn County, The Go the Distance for Crime Victims Race Committee, (GTDR) and all participating event sponsors and the affiliates of such parties, for any and all injuries resulting from my participation in the Go the Distance 5K Run/Walk. I understand that the GTDR strongly discourages the use of headphones as part of this race is on public streets. If I decide to use headphones I am doing so at my own risk. I assume all expenses in the event of an accident, illness, or other incapacity regardless of whether I have authorized such expenses. I am physically fit and sufficiently trained to participate in this event. If, however, I am injured and require medical attention, I hereby give my consent to provide medical care. I release the rights to any and all photographic material and computer information the race committee may use from this event without obligation to me.

Signature _____ Date _____

(Parent's signature if participant is under 18)

