

Special Thanks to Our Sponsors!



**CEDAR RAPIDS
POLICE
PROTECTIVE
ASSOCIATION**



Go the Distance 5K
C/O Diane Albers
51 3rd Avenue Bridge
Cedar Rapids, IA 52401

3rd Annual



5K Run/Walk To Benefit Victims of Crime in Linn County

Saturday, April 18, 2009
9:00 a.m.

Thomas Park—Marion, IA

www.gothedistance5k.com

Go the Distance 5K Run/Walk

Benefiting the Community

Proceeds from the 2009 Go the Distance for Crime Victims 5K Run/Walk will benefit victims of crime in the Linn County community. The proceeds will provide victims with financial support. In the past, requests have included purchasing taxi vouchers for domestic violence/sexual assault victims to attend support groups, provided mileage reimbursement for families to attend the trial of the defendant who killed their loved one, and provided monthly expenses for a family who suffered the loss of their primary source of income through the homicide of their loved one. Victims of crime or service providers who would like to request needed funds may contact Katie Miller at kmiller@horizonsfamily.org or call 319-398-3943 ext. 1040.

Race Day Schedule—Saturday April 18, 2009

8:15 a.m.—8:45 a.m.—*Thai-Chi Warm-Up*

9:00 a.m.— Start of Race

10:30 a.m.—*Awards Ceremony*

Location

Thomas Park—Marion, IA

Corner of Hwy 151 & Blairs Ferry

Divisions—both men and women

- up to 13
- 14—19
- 20—29
- 30—39
- 40—49
- 50—59
- 60 +

Dogs, strollers, and wagons welcomed!

Packet Pickup/ Race Day Registration

Early Registration

Online registration is available by going to www.getmeregistered.com or use the attached form.

Packet Pick-Up and Late Registration

Friday, April 17, 2009 4:00 p.m. - 7:00 p.m.

The Cedar Rapids Police Station
505 1st St. SW, Cedar Rapids, IA

Race Day Registration and Packet Pick-Up

Saturday, April 18, 2009 6:45 a.m.—8:15 a.m.

Thomas Park in Marion, IA
Corner of Hwy 151 & Blairs Ferry

Awards and Results

The awards ceremony and drawing for door prizes will begin at 10:30 a.m. Awards will be given for: overall male finisher; overall female finisher; and within each division, awards for 1st, 2nd, and 3rd place.

Final results will be posted on www.gothedistance5k.com and www.horizonsfamily.org the week following the race.

Questions can be directed to jill.cavanagh@iowa.gov or nick.maybanks@linncounty.org.

T-Shirts

Participants will receive a long sleeved t-shirt with their entry. Please mark your size on the entry form.

Registrations received by April 1, 2009 are guaranteed the requested shirt size. After April 1st, shirt sizes are available on a first-come, first-served basis.



ENTRY FORM: Mail to: **Go the Distance 5K c/o Diane Albers**, 51 3rd Avenue Bridge, Cedar Rapids, Iowa 52401
Contact Jill Cavanagh at jill.cavanagh@iowa.gov or Nick Maybanks at 319-892-6350 for more information.

First Name: _____ Last Name: _____

Address: _____

City, State / Zip: _____

Age on 04/18/09: _____

Phone: _____

Please Circle One: Male / Female

After completing the above information, please circle a t-shirt size, circle the appropriate fees in the fee explanations box, and read and sign the waiver.

Waiver: I hereby absolve and release the City of Marion and its employees, Linn County, the Horizons, A Family Service Alliance 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, that I assume those expense 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. 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.

Signed _____ Date _____
(Parents signature if participant is under 18)

Office Use Only
Check# _____ Amt _____

Long Sleeved Shirt

CIRCLE ONE

ADULT S M L XL **XXL
YOUTH XS S M L XL

Amount Enclosed:

Please circle appropriate amounts.

\$12 - Kids under 13

\$15 - Registration received by 4/1

\$18 - Registration received by 4/16

\$20 - April 17th and Race Day

\$ 2 - **XXL Shirt

Total amount enclosed \$ _____

Sorry, no refunds.

Please make all checks out to:

HORIZONS