

ICRR Run for the Schools - 10/14/18 • Official Entry Form

School _____ Grade _____

Please fill out completely and sign waiver. Mail completed form(s) to: Iowa City Road Races, P.O. Box 3148, Iowa City, IA 52244-3148 OR drop off at: any MidWestOne Bank location by **October 1st**. One entry form per person.

OR REGISTER ONLINE: www.getmeregistered.com

Online registration closes on October 11th

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*Please list an ICCSD School or Regina and Grade

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Birth Date

PLEASE PRINT

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Last Name (Include Jr., Sr.)

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First Name

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Mailing Address (Include Apt #)

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City

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State

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Zip Code

Email Address _____

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Contact Phone Number

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Gender

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Age (On Race Day)

RACE CATEGORIES (Check One)

Not Timed

- 1/2 Mile Fun Run
 1 Mile Fun Run

Chip Timed

\$30 fee for unreturned chip

- 5K Run / Walk
 10K Run
 1/2 Marathon Run

AVAILABLE T-SHIRT SIZES (Check One)

YOUTH

- YS YM

No T-SHIRT

ADULT

- S M
 L XL

XXL

**NO T-SHIRTS
 AFTER SEPT. 30TH DEADLINE
 T-SHIRTS ARE COTTON BLEND**

ENTRY FEE: 1/2 mile, 1 mile, 5K, 10K

ADULT

- \$25 thru Sept. 30
 \$35 Oct. 1 thru Oct. 13
 \$40 Oct. 14

YOUTH (thru grade 12)

- \$10 thru Sept. 30
 \$20 Oct. 1 thru Oct. 13
 \$25 Oct. 14

*Discount \$5 available for online registrations only Oct. 1- Oct. 11

ENTRY FEE: HALF MARATHON

- \$40 thru Sept. 30
 \$50 Oct. 1 thru Oct. 13
 \$60 Oct. 14

**Race Course open for 3 hours.
 Half-Marathon fee includes finisher's medal.**

Special Family Package:

* If you want t-shirts, you must sign up your family NO LATER THAN Sept. 30

Family of four (must include related family members and at least 1 adult and 1 youth) can register for \$60 (Does not apply to half-marathons). Additional family members are \$7 each. ONE ENTRY FORM PER PERSON.

You may still register for the Family Package rate AFTER Sept. 30. However, you will NOT receive any t-shirts.

Make Check Payable to: Iowa City Road Races, Inc.

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| \$ | Total Payment |
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Expiration Date

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Credit Card Signature _____

ENTRY FEES ARE NON-REFUNDABLE

WAIVER and RELEASE OF LIABILITY - READ CAREFULLY

I know that running a road race is a very strenuous and potentially hazardous activity. I realize that I should not enter and run unless I am medically able and properly trained. Knowing this, I certify that to the best of my knowledge, I am in excellent physical condition and have no medical condition that could likely worsen by participating in this event.

Furthermore, I certify that I have trained properly for this event and agree to abide by any decision made by a race official concerning my participation in the run or walk.

I am fully aware of and assume all risks associated with participating in the event. Risks include, but are not limited to: falls, contact with other participants, inadequate safety equipment and/or personnel, the effect of weather including extreme cold or heat, humidity, wind, snow, rain, ice and conditions of the road. I appreciate and assume all risks associated with the presence of vehicular traffic on the road race course. I am also fully aware that I am solely responsible for my own safety while traveling to and from all events associated with the Iowa City Road Races. In addition, I fully understand that the wearing of headphones while participating in this event is prohibited.

Having read this waiver and release, and knowing these facts, and in consideration of you accepting my entry, I for myself and anyone entitled to act on my behalf, including my heirs, devisees and personal representatives, waive and release the Iowa City Road Races, Inc. and its Board of Directors, the Race Director, Iowa City Community School District Foundation, Regina Foundation, USA Track and Field, Road Runners Club of America, MidWestOne Bank, Regina Catholic Education Center, Iowa City Community School District, the cities and counties in which the race is contested, sponsors, race officials, staff, volunteers, and all their representatives, successors, and assigns, from any and all claims or liability for death or damages for all injuries to me or my property arising out of or in connection with this event, including without limitation, claims or liabilities resulting from those matters described in the preceding paragraphs, as well as any claim of negligence by either act or omission. This waiver and release extends to all claims of any kind or nature, whether foreseen or unforeseen, known or unknown.

Furthermore, I grant permission to all foregoing organizations and entities to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes. I understand that the entry fees are non-refundable. I assume and agree to pay all of my medical and emergency expenses regardless of whether I authorized such expenses. In addition, my signature below verifies that I have read and agreed to the terms stated above.

Participant Signature _____

Parent or Guardian Signature
 (if under 18 years of age a parent or guardian must sign)

YOU MUST SIGN IN ORDER TO PARTICIPATE!