



Families First of Cedar County hosts:

*1st Annual 5K
“March out the Madness”
Tipton, Iowa
10 A.M.
March 31st, 2012*

AGE GROUP AWARDS

14& UNDER

15 - 19

20 - 29

30 - 39

40 - 49

50 - 59

60 - 69

70 - Over

Award certificates to the first 3 finishers -

Male & Female in each division

WALKERS ARE ENCOURAGED

**RACE DAY REGISTRATION AND RACE PACKET PICK UP AT:
TIPTON FAMILY AQUATIC CENTER @ 8 A.M. THRU RACE TIME.**

Race begins at 10:00 a.m. at the Tipton Family Aquatic Center

LOCATION: 705 Park Road, Tipton, Iowa 52772

COURSE: Map in packet

REGISTRATION: \$20 prior to March 20, \$25 March 21-31

(Your participation supports the efforts of Families First of Cedar County)

FEATURES: Starts in front of the JK Tipton Family Aquatic Center finishes at Cedar County Courthouse Child Abuse Awareness display. Downhill start topography varies throughout the race.

Register on line www.extension.iastate.edu/cedar/

Awards to first through third place overall male and female for each age category.

MAKE CHECKS PAYABLE TO: Families First

SEND ENTRY FORM TO: 107 Cedar St. Tipton, Iowa 52772

FOR ADDITIONAL INFORMATION CALL: (563)886-4475 cccpsc@hotmail.com or tessabbyers@yahoo.com

NAME:

ADDRESS:

CITY:

E- Mail & Phone:

Date of Birth:

State: Zip: Sex: Age:

T-shirt size (circle one) Adult S M L XL XXL

NO REFUNDS. NO RACE PACKETS WILL BE MAILED.

(Guardian if under 18)

I know that running/walking a road race is a potentially hazardous activity. I know that I should not enter a run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the 5K. I assume all risks associated with running/walking this event. I also know that although police protection will be provided, I assume the risk of running / walking in traffic. Having read this waiver and knowing these facts and in consideration of you accepting my application and non-refundable entry fee, I, form myself and anyone entitled to act on my behalf, waive and release the Families First, the city of Tipton, and all other sponsors, officials, volunteers, their representatives and successors from all claims or liabilities of my kind arising out of my participation in the March out the Madness 5K. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of the March out the Madness 5k for any legitimate purpose.