

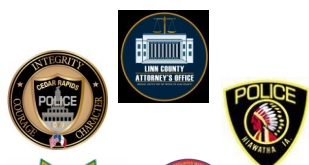


GO THE DISTANCE FOR CRIME VICTIMS 5K RUN/WALK

WHEN: SATURDAY, APRIL 27, 2024 @ 9:00 AM

WHERE: THOMAS PARK - MARION, IA

SPONSORED BY:



REGISTRATION OPTIONS:

1. <http://GetMeRegistered.com/GoTheDistance>
2. Complete this paper registration form and mail in
3. Register in person at Race Bag Pick-up
4. Register in person day of the 5K

Must include cell number to received race result via text!

Must receive registration by 4/17/2024 at 11:59pm in order to receive a shirt & to be eligible for door prizes!

RACE BAG PICKUP: (chip timer not included in race bag)

Friday, April 26, 2024 at 4:00pm-6:00pm
Cedar Rapids Police Department
505 1st Street SW
Cedar Rapids, IA

RACE DAY:

Saturday, April 27, 2024 @ Thomas Park in Marion, IA
Between 7:00-8:45am

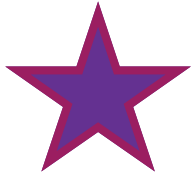
Race Bag pick-up

Registration will be taken up until 8:45am

CHIP TIMERS ARE AVAILABLE FOR PICK UP ON RACE DAY ONLY

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 sent to you via text message.

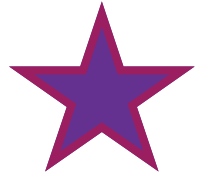
Dogs, strollers & wagons welcome!



MAIL TO:

Go the Distance for Crime Victims 5K

P.O. Box 13
Cedar Rapids, IA 52406



NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL _____ PHONE _____

AGE ON 4/27/24 _____

**** MUST PROVIDE CELL # TO
RECEIVE RACE RESULT VIA TEXT**

☐ MALE

☐ 5K RUN

☐ FEMALE

☐ 5K WALK

ADULTS: LONG-SLEEVE SHIRT

☐ **\$25** no shirt

☐ **\$32** with shirt (registration must be received
by 4/17/24 at 11:59pm)

ADULT SIZES (circle one)

S M L XL XXL (add \$2)

KIDS 13 & UNDER: LONG-SLEEVE SHIRT

☐ **\$10** no shirt

☐ **\$20** with shirt (registration must be received
by 4/17/24 at 11:59pm)

YOUTH SIZES (circle one)

XS S M L XL



☐ **\$5 BANDANA**

TOTAL:

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 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. Exposure to COVID-19 is an inherent risk in any public location where people are present; we cannot guarantee you will not be exposed. Participants should evaluate their own risk in determining whether to attend. I acknowledge and agree that I have assumed these inherent risks. 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 the age of 18)

