



13th Annual

GO THE DISTANCE FOR CRIME VICTIMS 5K RUN/WALK

**WHEN: SATURDAY, APRIL 13, 2019
9:00 AM**

WHERE: THOMAS PARK-MARION, IA

SPONSORED BY:



HOW TO REGISTER:

1. www.GoTheDistance5k.com or www.GetMeRegistered.com/GoTheDistance
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 receive registration by 4/7/19 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 12, 2019 at 4:00pm-6:00pm
Cedar Rapids Police Department
505 1st Street SW
Cedar Rapids, IA

RACE DAY:

Saturday, April 13, 2019 @ 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 posted on www.gothedistance5k.com the week following the race.

Dogs, strollers & wagons welcome!



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 _____

MALE

AGE ON 4/13/19 _____

5K RUN

FEMALE

5K WALK

ADULTS: LONG-SLEEVE SHIRT

\$25 no shirt

\$32 with shirt (registration must be received by 4/7/19 at 11:59pm)

KIDS 13 & UNDER: LONG-SLEEVE SHIRT

\$10 no shirt

\$20 with shirt (registration must be received by 4/7/19 at 11:59pm)

ADULT SIZES (circle one)

S M L XL XXL (add \$2)

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. 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)

