

# 2ND ANNUAL TRASHMORE 5K<sup>run/walk</sup>

Saturday, September 12, 2015 • 8 AM



**Course:** A 5k route beginning in Czech Village, traveling along the Cedar River with a steep 208 foot climb to the top of Mount Trashmore, a recently closed and now landscaped solid waste land-fill. The race starts and ends in front of the National Czech & Slovak Museum & Library.

**Entry Fees:** \$30 through September 1st, \$35 through race day. 17 and younger \$15 then \$20 after September 1st. A beautiful t-shirt guaranteed if registered by September 1st and while they last.

**Preregistration Packet Pick-up:** Packet pick-up will be on Friday Sept. 11th from 5 PM – 7 PM at the National Czech & Slovak Museum & Library and from 7 AM – 7:30 AM the morning of the race.

**Post Race Party:** Immediately after race.

**Awards:** Top three male and female overall and top three 17 and under

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Age on Race Day \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Are you participating with a team? \_\_\_\_\_ Team Name \_\_\_\_\_

Adult T-Shirt / Size: S M L XL Child T-Shirt / Size: M L

Signature \_\_\_\_\_

On-line registration at: [Trashmore5k.com](http://Trashmore5k.com) Questions: [Trashmore5k@aol.com](mailto:Trashmore5k@aol.com)

Please mail to: Attn: Trashmore 5k, 1821 Grande Ave, Cedar Rapids, IA 52403-2225

**PROCEEDS:** Race proceeds will help fund educational outreach and support for the Iowa Epilepsy Foundation.

In consideration of you accepting this entry, I, the participant, intending to be legally bound and hereby waive or release any and all right and claims for damages or injuries that I may have against the Event Director, RunSignUp.com, and all of their agents assisting with the event, sponsors and their representatives and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed Medical Doctor. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above waiver.

☐ I have read and agree to abide by this waiver.