



Mount Mercy Community Stampede 5k

5k Cross Country Race

Saturday, October 26, 2019

College Women's 5k: 10:30am

College Men's 8k: 11:15am

Open/Community 5k: 12:00pm

Proceeds benefit the Mount Mercy University Cross Country/Track & Field program.

Entree Fees: \$20 Pre-registered by Oct. 13

\$30 Late After Oct. 13 & Day of Race

*Race day registration from 8:30am-10:00am

*Race entree fees are non-refundable

Packet Pick-up & Race Day Registration: Packet pickup will be available on race day only at Seminole Valley from 8:30am-10:00am. Race day registration is also available during that time.

Awards: Top 3 Male & Female, 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Course: Flat cross country course all on grass. Host of the 2018 & 2020 NAIA Cross Country National Championships.

Amenities: Custom logo t-shirt guaranteed (adult sizes only) to pre-registration. T-shirts to late registrants while supplies last. Chip timing by Kauder Racing, post-race snacks provided. Food trucks will be on-site selling awesome food as well.

Addresses: Race course—Seminole Valley Park; 5925 Seminole Valley Trail NE; Cedar Rapids, IA 52411

2019 Registration Form

Name: _____

Phone #: _____

Age: _____ (Day of Race) **M/F:** _____

T-Shirt Size: Small M L XL

Email: _____

Address: _____

City/State: _____ **Zip:** _____

Signature (if under 18-parent/guardian)

Date

Please make checks payable to: Mount Mercy University
Cross Country.

Mail application & payment to: Mount Mercy University; Attn: Tad Hulst; 1330 Elmhurst Dr. NE; Cedar Rapids, IA 52402

I know that running a cross country/road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. Having read this waiver and knowing these facts and in consideration of accepting my entry, I and anyone entitled to act on my behalf, waive and release Mount Mercy University Cross Country, Mount Mercy University, all race volunteers and all sponsors, their representatives, employees and successors from any claims and liabilities of any kind arising out of my participation in the event or carelessness of the persons named in the waiver. Further, I grant to all of the foregoing the right to use any photographs, motion pictures, and recordings of any other record of this event for legitimate purposes.

Register Online at

<https://runsignup.com/Race/IA/CedarRapids/MountMercyMustangStampede5k>