



FOOTSTEPS FOR FLOOD RELIEF

5K Run/Walk - Registration Form

Brought to you by Team Destination
"5000 Meters Because We Care"

www.uni.edu/footsteps4floodrelief



Cedar Valley United Way

EVENT DETAILS:

- Saturday, April 4, 2009
- Pre-race Registration from 8:30 am to 9:45 am
- Race begins promptly at 10:00 am with brief award ceremony to follow
- Start and end at Gallagher-Bluedorn Performing Arts Center, University of Northern Iowa (UNI)
- Race course through streets of Cedar Falls and UNI campus

All proceeds will go to the Cedar Valley United Way to support families affected by the flood of 2008!

COST: \$15 for entry and race t-shirt (children 12 and under are free – shirt not included)

****Checks payable to UNI – Footsteps for Flood Relief**

REGISTRATION DEADLINE: March 25, 2009 (t-shirt not guaranteed after this date)

SEE RACE DETAILS: www.uni.edu/footsteps4floodrelief

QUESTIONS? Contact Elizabeth Wiedenheft (wiedenhe@uni.edu)

Awards will be given to...

- Door prize winners
- Overall fastest male & female
- Largest group of runners or walkers*
- Top male & female in each age category:

**17 and under
18-29
30+**

I SUPPORT LOCAL FLOOD OF 2008 RELIEF EFFORTS!

DETACH COMPLETED FORM AND MAIL WITH CHECK TO:

**UNI - Footsteps for Flood Relief, c/o University Honors Program,
2401 College St, Cedar Falls, IA 50614-0355**

Name: _____ Email: _____ (confirmation will be sent)

Address: _____ City: _____ State _____ ZIP: _____

T-Shirt size (Adult Only): S__ M__ L__ XL__ XXL__ Gender: M F Age Category as of 4/4/09: _____

*If you are competing for "Largest Group", enter your TEAM NAME here: _____

ENCLOSED PAYMENT is:

_____ Registration fee (by 3/25/09 to guarantee shirt)

_____ Additional T-Shirts @ \$8.00 ea.

_____ Additional donation to be given to the Cedar Valley United Way

_____ TOTAL Enclosed

Footsteps for Flood Relief Run/Walk involves running and walking – activities which may include risks such as, but not limited to, falls, interaction with other participants, effects of weather, traffic, and conditions of the road. In consideration of me or my child being allowed to participate in this event, I hereby expressly assume all risks, including property loss/damage and personal injury and death, arising in any way out of my or my child's participation in the *Footsteps for Flood Relief Run/Walk* and related activities. Although route maps, rest stops, refreshments, and other assistance may be made available during this event, I am solely responsible for my own or my child's health and safety. I represent and warrant that I am or my child is physically fit and able to participate in this event and I agree to stop and request assistance if I experience any medical hardships. I agree, for myself, my heirs, executors and administrators, to not sue and to release, indemnify and hold harmless, the University of Northern Iowa, the Board of Regents-State of Iowa, the State of Iowa, the UNI Honors Program, the City of Cedar Falls, its affiliates, all sponsoring businesses and organizations and their agents, volunteers, and employees, from any and all liability, claims, demands, and causes of action whatsoever, arising out of my participation in this event and related activities – whether it results from the negligence of any of the above or from any other cause. Further, I hereby grant full permission to the aforementioned parties to use my or my child's name, likeness, and voice, as well as any photographs, video tapes, motion pictures, or any other record of this event in which I appear for any legitimate purpose. This agreement to not sue and to release, indemnify and hold harmless shall be as broad and inclusive as is permitted by the state of Iowa. If any portion of it is held invalid, the balance shall continue in full force and effect.

I have read, understand, and agree to the terms of this Registration.

Signature: _____ Date: _____

**Signature of parent or guardian required in addition to participant signature for registrants under the age of 18.