



**Run the Bases 5K**  
 Saturday, August 13th, 2016  
 Kids Fun Run – 8:00 a.m.  
 5K – 8:30 a.m.  
[www.CVSportsPlex.org/RuntheBases](http://www.CVSportsPlex.org/RuntheBases)  
 Proceeds benefit Build Our Ballpark

**Where:** The Kids Fun Run will start and finish in front of the SportsPlex. The 5k will start near the Dupaco Community Credit Union on Jefferson just west of the SportsPlex and finish right in front of the SportsPlex.

**Registration:** Please return this form with a **check** (made out to *Build Our Ballpark*) or **cash** to the Cedar Valley SportsPlex, 300 Jefferson St., Waterloo. If paying by **credit card**, you must register at: <http://getmeregistered.com/RuntheBases5K> (a small fee applies).  
 Registration materials should be picked up at the Cedar Valley SportsPlex on Thursday or Friday August 11<sup>th</sup> and 12<sup>th</sup> from 4:00 to 7:00 p.m., or from 6:30 to 7:30 a.m. on August 13<sup>th</sup>.

Date	Kids Fun Run	5K
Now – July 25 (includes free T-shirt!)	\$15	\$25
July 26 – Race Day (T-shirt not guaranteed)	\$15	\$30

- Awards:**
- 1<sup>st</sup> place overall male and female for the 5K will receive a gift card from the Runner’s Flat.
  - 2<sup>nd</sup> place overall male and female for the 5K will receive a free month membership at the SportsPlex.
  - 3<sup>rd</sup> place overall male and female for the 5K will receive a gift card.
  - The top three males and females in the age groups below for the 5K will receive medals.
  - All Fun Run participants will receive a certificate of completion.

**Age Groups:** 15 & under 16-19 20-24 25-29 30-34 35-39 40-49 50-59 60-69 70+  
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**Registration Form**

**Participant Name:** \_\_\_\_\_

**Birthdate:** \_\_\_\_\_ **Age on Aug. 13:** \_\_\_\_\_ **Sex:** M / F

**Address:** \_\_\_\_\_

**City/State/Zip:** \_\_\_\_\_

(Circle Race and T-Shirt Size)					
<b>Race:</b>	Kids Fun Run		5K		
<b>Adult:</b>	XL	L	M	S	XS
<b>Youth:</b>	XL	L	M	S	XS

I hereby agree to register and participate in the above stated program sponsored by the Cedar Valley SportsPlex. I understand that this program, like most programs similar in nature, have some degree of inherent risk involved. I understand that the participants must assume full responsibility for bodily injury incurred while taking part in the activities. No accident insurance is provided through the City of Waterloo. I grant the Cedar Valley SportsPlex permission to use pictures or videos taken of me or my children during participation in programs. I waive my right to inspection or compensation.

Participant Signature (if over 18 years old): \_\_\_\_\_ Date: \_\_\_\_\_

Guardian Signature (if under 18 years old): \_\_\_\_\_ Date: \_\_\_\_\_