



**TREKMAN**  
**RACING**  
www.trekmanracing.com

Saturday, April 2nd, 2011, 9:00 AM  
George Wyth State Park  
Waterloo, Iowa

USATF certified accurate course



Join in on the first race of the year in the Cedar Valley!

## There will be several door prizes for all!

Everyone is encouraged to add some flavor to being a true "fool" for the Fool's race. Have a whacky hat? You know, the one that looks like a shark's head; or maybe some Mouseketeer ears. Better yet you are ENCOURAGED to wear a costume. A couple Iowa races you may know about have a strange tradition of men wearing red dresses... There will be gift certificates to the Runner's Flat shoe store for the top three "fools." Top dressed Jesters will have an edge in the competition!

**The Course:** The course is USATF certified and will be on the park roads only, no trails will be used. It is 100% flat, the perfect PR course!

**Packet Pick-up:** Early packet pick-up and late registration will take place at the Runner's Flat shoe store in Cedar Falls Friday April 1st, 5:30 to 7 PM

**Awards:** Overall male and female will win \$25 gift certificate to the Runner's Flat shoe store in Cedar Falls.

**Top three in each age category**  
12 & under, 13-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & over

### Fees & Registration:

\*Online registration ONLY after March 24th.

**Adult Prices – age 18 and up**  
\$16 postmarked by February 23rd  
\$18 postmarked by March 9th  
\$20 postmarked by March 24th  
\$25\* registered by March 31st

**Youth Prices – age 17 and under**  
\$12 postmarked by February 23rd  
\$14 postmarked by March 9th  
\$15 postmarked by March 24th  
\$18\* registered by March 31st

Online registration ONLY for Family Pricing at: [www.getmeregistered.com](http://www.getmeregistered.com)

**Family of Three**  
\$40 Registered by February 23rd  
\$45 Registered by March 9th  
\$50 Registered by March 24th

**Family of Four**  
\$53 Registered by February 23rd  
\$58 Registered by March 9th  
\$60 Registered by March 24th

**Family of Five**  
\$66 Registered February 23rd  
\$70 Registered March 9th  
\$75 Registered March 24th

### Options:

**PERFORMANCE SHIRT UPGRADE**  
(Replaces cotton shirt) \$5, XXL = \$7

No shirt option -\$3

**Online Registration:**  
[www.getmeregistered.com](http://www.getmeregistered.com)  
There is a link on the Trekman Racing website, [www.trekmanracing.com](http://www.trekmanracing.com)

Checks payable to:  
Dave Lipinski – Fools 5K  
2004 Park,  
Cedar Falls, IA 50613



 **the runner's flat**  
115 East 4th St. - Cedar Falls, IA 50613

**RE/MAX**  
Steve Burrell

THE Jones Law Firm

**STIFEL  
NICOLAUS**  
Larson Gilmore Wealth Management

Questions can be emailed to the race director at [Trekman@mchsi.com](mailto:Trekman@mchsi.com) or by calling 319-575-0989.

\*\*\* No T-shirt guarantee if you register after March 19th \*\*\* Performance shirt orders must be in by March 9th \*\*\* No skates, bikes or pets



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### Official Entry Form

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_ E-mail address \_\_\_\_\_

Age on race day \_\_\_\_\_ Birthday:(MM/DD/YYYY) \_\_\_\_\_ Gender: M F

**Release and Waiver**—In consideration of your acceptance of my entry, I hereby waive and release of myself, heirs, executor or anyone who might claim on my behalf, covenant not to sue the event directors, event officials or volunteers from all claims or liability for death, personal injury or personal damage of any kind arising out of or on the course of, my participation in this event. I hereby state that I have full knowledge of the risks involved, foreseen or unforeseen, known or unknown and have conditioned myself to run or walk in this event. I also grant full permission to the event directors and/or agents authorized by them, to have free use of my name and picture in any broadcast, telecast, videotape, print media or any other record of this event for any purpose.

Signature (Guardian if under age 18) \_\_\_\_\_ Date \_\_\_\_\_

By signing this I also give consent to Trekman Racing to use my email for Trekman Racing email updates only.

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- \_\_\_ \$20 postmarked by March 24th
- \_\_\_ \$25\* registered by March 31st

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- \_\_\_ \$15 postmarked by March 24th
- \_\_\_ \$18\* registered by March 31st

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- \_\_\_ \$75 Registered by March 24th



<b>Circle One</b>	<b>Shirt Size: Please Circle One</b>
Runner Walker	XS S M L XL XXL

**Extras (optional)**

- Performance Shirt UPGRADE (XS-XL) . \$ 5 \_\_\_\_\_  
 (replaces cotton shirt) (XXL) .. \$ 7 \_\_\_\_\_
- NO T-Shirt (subtract) ..... \$ -3 \_\_\_\_\_

**Total Enclosed:** \_\_\_\_\_

**ONLINE REGISTRATION**

At [www.getmeregistered.com](http://www.getmeregistered.com). There is a link on the Trekman Racing website, [www.trekmanracing.com](http://www.trekmanracing.com)



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