



All proceeds from this event will benefit the Hardin County Recreational Trails Committee, a volunteer organization working with The City of Iowa Falls, The Iowa Falls Area Development Corporation, The Hardin County Board of Supervisors, the Iowa River Greenbelt Resource Trust, the Region 6 Planning Commission, and the Iowa Natural Heritage Foundation in developing a county-wide trail system that will eventually connect the communities that dot the Iowa River Greenbelt.

The group is currently fund raising for Rock Run Creek Trail, which will follow Rock Run Creek between the Meyer Municipal Aquatic Center and Rock Run Elementary.

After the completion of phases 1 and 2, a cross-width, asphalt, multi-purpose trail will be in place for bicycles, walkers, joggers, and other outdoor enthusiasts to use.

For more information about how you can get involved with the HCRTC contact Cindy Goodner at:

[hardincountyrectrails@gmail.com](mailto:hardincountyrectrails@gmail.com)

Thanks to our  
sponsors!



**RIVERBEND RALLY**

**5K**



**July 4<sup>th</sup>, 2009**

Register and finish at

**Estes Park  
Iowa Falls, Iowa**

**7:00 a.m. Registration  
8:00 a.m. Race Start**

**1<sup>ST</sup>-3<sup>RD</sup> MEDALS FOR EVERY AGE  
CATEGORY!**

**PLAQUES FOR OVERALL TOP MALE  
AND FEMALE FINISHERS!  
GREAT DOOR PRIZES FOR  
PARTICIPANTS!**

# RIVERBEND RALLY 5K ENTRY

MUST BE COMPLETED FOR EVERY PARTICIPANT

Name:
Mailing Address:
Emergency Phone Number:
Birth date:                      Age on Race Day: <input type="checkbox"/> Male <input type="checkbox"/> Female
<input type="checkbox"/> Preregistered by June 30 <b>\$15</b> + \$10/family mem.
<input type="checkbox"/> Race day registration <b>\$20</b> + \$15/family mem.
<b>Shirt size</b>
<b>Regular/Men's</b> S   M   L   XL   XXL
<b>Women's</b> XS   S   M   L   XL   XXL
<b>Children's</b> 2-4   6-8   10-12   14-16
(Checks made payable to Hardin County Recreational Trails)

## Waiver

Riverbend Rally 5K Waiver: The following must be signed to enter the race. If you are under 18, your parent or guardian must sign for you. In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself and my heirs, executors and administrator waive and release forever any and all rights an claims for damages I may accrue against Hardin County Recreational Trails Committee, their representatives, successors and assigns for any and all injuries that may be suffered by me in connection with this event including pre- and post-race activities. I certify that I am physically fit, have trained sufficiently for participation in this event and have not been advised otherwise by a qualified medical person. I agree to comply with all race rules and instructions of race officials. I agree to allow my photo to be used for any legitimate purpose by the event holders and or assigns.

Parent/Guardian Waiver for Minors: The undersigned parent and natural or legal guardian does hereby represent that he/she is, in fact, authorized to act on behalf of and is acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, claims and damages.

Applicant Signature (Parent/Guardian if under 18 years old)                      Date

**Return this form to the Iowa Falls Chamber at 520  
Rocksylvaia Ave., Iowa Falls, IA 50126**

# Riverbend Rally 5K

Saturday, July 4th • 8:00 a.m.

Estes Park • Iowa Falls, Iowa

**COURSE DESCRIPTION:** This scenic 5k route will begin at the corner of Main and Union Street and will follow the Iowa River west of town to Weaver Cove. Coming into town runners will face the challenge of the Union Street hill before finishing on Main Street.

**REGISTRATION:** Mail or drop off registration by **Tuesday, June 30<sup>th</sup>** to the Iowa Falls Chamber of Commerce at 520 Rocksylvaia Ave., Iowa Falls, IA 50126, or register before the race between 7:00-7:45 a.m. on Saturday, July 4th. Additional entry forms can be found at [www.fitnesssports.com](http://www.fitnesssports.com). Make checks payable to the **Hardin County Recreational Trails Committee**.

**RACE NUMBER AND T-SHIRT PICKUP:** Pre-registered participants can pick up their race number and t-shirt between 7:00-7:45 in Estes Park on the day of the race. Participants that are not pre-registered should allow extra time for filling out a race form.

**T-shirts are only guaranteed on race day to participants that register by Tuesday, June 30<sup>th</sup>.**

**Entry Fees:** Preregistered participants will pay \$15 and receive a race day t-shirt. Preregistered families will pay \$15 for the first family member, plus an additional \$10 for every other family member participating (in your immediate family only). Participants registering on the morning of the race will pay \$20, plus an additional \$15 per family member. Shirts are only guaranteed race day to preregistered runners. Open donations will be accepted. All proceeds will benefit Hardin County Recreational Trails.

**Location:** The start is on the corner of Main and Union Street, continuing west on Union Street (River Road), and turning around at Weaver Cove. The course returns along River Road/Union Street back into Iowa Falls before finishing on Main Street near Estes Park.

**Awards:** Plaques will be awarded to the overall top male and female finishers. Medals will be awarded to the top male and female in each of the following age groups (not counting the overall finishers): 14 and younger, 15-19, 20-29, 30-39, 40-49, 50-59, and 60 and older. A variety of door prizes will also be awarded to participants present after the finish of the race.