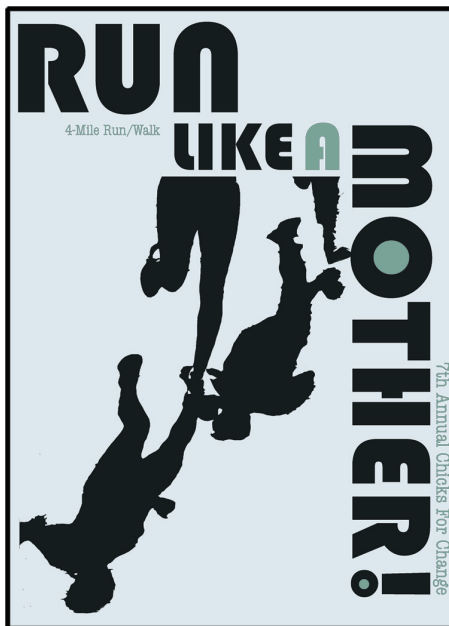


# 7th Annual RUN LIKE A MOTHER 4-mile Walk / Run Saturday, May 8, 2010



**WHEN**

Saturday, May 8, 2010. Race begins at 9:00 am.  
Preregistration and packet pick-up: Friday, May 7,  
5:00-7:30 pm.  
The Runner's Flat, 115 East 4th Street, Cedar Falls  
(319) 277-1154.  
Race day registration begins at 7:30 am at Island  
Park.

**WHERE**

Island Park, Cedar Falls (4 blocks north of Center  
Street bridge)

**WHO**

Do you HAVE a mother? Do you KNOW a mother?  
Are YOU a mother? If you answered yes to any of the  
above, this race is for YOU! This means MEN as well as  
WOMEN!! And KIDS are welcome too!

**COST**

\$20 if postmarked by April 26  
\$24 if between April 27 and May 7  
\$25 Race Day Registration  
\$5 Kids' Run without t-shirt  
\$8 Kids' Run with t-shirt

**sponsored by  
the Iowa Women's Foundation  
Chicks for Change**

Enriching the Lives of Women and  
Girls in Iowa

**REGISTER ONLINE at**

**<<http://iawf.org/registration>> or**

**MAIL IN REGISTRATION**

Make checks payable (and send with completed  
registration form) to: IWF / Run Like a Mother, c/o The  
Runner's Flat, 115 East 4th Street, Cedar Falls IA 50613

For additional questions, contact Suzy Freedman at (319)  
277-7282 or email <[freedman@uni.edu](mailto:freedman@uni.edu)>

**New this year—**

■ Make a gift in honor of the courageous and impactful women you  
know. See reverse side for more information.

■ **Virtual Run:** Unable to join us in Cedar Falls on Saturday, May 8?  
Bring the fun to your own neighborhood or run at a different time  
on the same course. If running in a different town, list location in  
space below:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Email: \_\_\_\_\_ Age Category as of 8May2010 \_\_\_\_\_

Gender (circle): M F Are you a mother? Yes No

T-Shirt size: Youth S Youth M Youth L S M L XL XXL T-Shirt color: White or Grey

If you are competing for "Largest Group From One Family", enter your TEAM NAME here: \_\_\_\_\_

The Kid's Run will start at 10:30 am. We will divide kids according to the following ages, and distances will reflect age categories: 2-4 year olds. 5-7 year olds. 8-10 year olds. 11-12 year olds.

Enclosed payment is: \_\_\_\_\_ registration fee ( \_\_\_\_\_ is sponsoring my fee with the enclosed payment)

\_\_\_\_\_ Kid's Run \_\_\_\_\_ personal card(s): \_\_\_\_\_ additional donation to IWF

\_\_\_\_\_ TOTAL amount enclosed

I have read and understand the terms of this agreement, located on the back of this form.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

\*\*Signature of parent or guardian required for registrants under the age of 18.

REGISTRATION FORM

**Awards will be given to—**

- the fastest mother
- the overall fastest male and female
- the largest group of runners or walkers from one family (if entering this category, be sure to indicate your TEAM NAME on the registration blank)
- the top three runners in each male and female age category, as listed below:

- 10 and under
- 11 - 18
- 19 - 29
- 30 - 39
- 40 - 49
- 50 - 59
- 60 and up

Note: Awards will begin at 10:15 am.

**New this year—**

A way to honor special women in your life: Help shape the future of Iowa women and girls by making a gift in honor of the courageous and impactful women you know. Your investment will help remove barriers and expand opportunities for Iowa’s women and girls. Make your gift by May 1, and IWF will mail a personal card to each honoree on your behalf. Suggested donation: \$10. Name and address of honoree(s):

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**Agreement**

*Run Like a Mother 4 Mile 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 being allowed to participate in this event, I hereby expressly assume all risks, including personal injury and death, arising in any way out of my participation in the *Run Like a Mother 4 Mile Run/Walk* and related activities. It is my responsibility to dress appropriately. Although route maps, rest stops, refreshments, and other assistance may be made available during this event, I am solely responsible for my own health and safety. I represent and warrant that I am physically fit and able to participate in this event and I agree to stop and request assistance if I experience any symptoms such as, but limited to, dizziness, excessive fatigue, shortness of breath, pain or any other conditions which would make it difficult or unsafe to continue. I agree, for myself, my heirs, executors and administrators, to not sue and to release, indemnify and hold harmless, the Iowa Women’s Foundation, its affiliates, officers, directors, volunteers and employees, and all sponsoring businesses and organizations and their agents 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 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 release and indemnification agreement 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.

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**Support Women and Girls in Iowa!**

The Iowa Women’s Foundation (IWF) awards annual grants to programs that benefit women and girls in Iowa. Grants from the Foundation are intended to promote social change, particularly in small, grass-roots organizations that do not often receive grant funding from traditional sources. The mission of the IWF is to bring about just society by supporting the empowerment of all women and girls throughout the state of Iowa. For info see <[www.IAWF.org](http://www.IAWF.org)>.