22nd ANNUAL HOMECOMING 5K RUN AND WALK
SATURDAY, OCTOBER 16, 2010

TIME:
8:00 a.m. 5K Run and Walk begins.
Walk participants will start behind runners and are not eligible for prize money.

PLACE:
Begins and ends at Clark Field (D Avenue and 14th Street). Course winds through adjacent neighborhood and is mostly flat. No pets allowed on race course.

REGISTRATION:
$15 through October 8
$20 October 9 through race day
$10 Coe students through October 8
$15 Coe students October 9 through race day

PACKET PICK-UP AND LATE REGISTRATION:
7:00-7:45 a.m. at Clark Field. (Participants who register late will not be guaranteed a dri-fit t-shirt.)
Early pick-up: Thurs. & Fri., Oct. 14 & 15, 8:00 a.m.-3:30 p.m., McCabe Hall, College Drive.

AGE DIVISIONS:

AWARDS:
• Overall male and female winners receive $25.
• Age group winners receive cash awards.
• The first Coe alumna and alumnus receive special Coe awards.

Food Providers:
Coe Athletics
Quaker Oats
Hy-Vee
Sodexo

FREE PRIZE DRAWINGS:
Door prize winners will be posted at the end of the race. Stop by the door prize table to see the winner list and to claim your prize. You must be present to win. Your race entry blank is your registration for the drawing.

COURSE RECORDS:
Kevin Herd: 14:27
Muriel Naumann: 17:45
If you have any questions about the Coe College Homecoming 5K Run and Walk, please contact: Ami Dangerfield, Race Coordinator, at 399-8507 or register online at www.coe.edu/alumni/homecoming

THANK YOU TO OUR SPONSORS

Hills Bank
and Trust Company

ENTRY FORM
COE HOMECOMING 22nd ANNUAL 5K RUN AND WALK
8:00 a.m. Saturday, October 16, 2010
Please read carefully and fill in all information. Please print clearly. Entry fee is non-refundable.

Name______________________________ Year if Coe alum__________

Street__________________________ City__________________________ State______ Zip__________

Phone__________________________ Age on 10/16/10____ Sex____ Run____ Walk____

☐ Check if you will be competing in 2010-11 intercollegiate or high school sports.

Entry Fee: ☐ $15 fee through October 8
☐ $20 October 9 through day of race
☐ $10 Coe student through Oct. 8
☐ $15 Coe student Oct. 9 through race
Total ______

Dri-fit t-shirt size:
☐ S (30-32) ☐ M (34-36)
☐ L (38-40) ☐ XL (42-44)
☐ XXL (46-48) additional $2

Send form and entry fee to:
Alumni Office, Coe College,
Cedar Rapids, IA 52402.
Checks payable to Coe College

Date__________________________ Signature__________________________

In consideration of acceptance of this entry, I, intending to be legally bound hereby, for myself, my heirs, executors, and administrators, waive and release any and all right and claim for damages I may have or that may hereafter accrue to me against all sponsors, supporters and officials associated with the Coe College Homecoming 5K Run & Walk or the City of Cedar Rapids, their representatives, successors, and assigns for any injuries incurred by me during, because of, or in travel to or from the Coe College Homecoming 5K Run & Walk.

WAIVER MUST BE SIGNED TO RUN or WALK
22nd ANNUAL HOMECOMING 5K RUN AND WALK
SATURDAY, OCTOBER 16, 2010
8:00 a.m.
Clark Field, Coe College