

# Cedar Valley Running Association 17<sup>th</sup> Annual Pewterman Pentathlon Sunday November 11, 2007

This unique event combines five different disciplines of running -- a 5K run, quarter mile run, one mile run, 100 yard dash and a ten mile run -- in that order and all in the same day! Each participant **MUST COMPLETE ALL FIVE EVENTS** to become a "Pewterman Pentathlete!"

**WHERE** Washington High School -- South Parking Lot  
Forest Drive & Cottage Grove Avenue SE -- Cedar Rapids, IA

**COURSE:** The track events (quarter mile, 1 mile, 100 yard dash) will be held on the all-weather quarter mile Washington track. The 5K is a tough and hilly road run. The ten mile course repeats the 5K course, includes a cross country segment through Bever Park and ends with reversing the original 5K loop -- very demanding and challenging!

The 5K will begin at 9:00 am. The amount of rest between each of the five events is about 15 minutes. The length of the Pewterman is dependent on the number of competitors, but should last no more than four hours. Water will be available on both the 5K and ten mile runs.

**COST:** \$20.00 (\$18.00 -- \$2.00 Discount to CVRA Members) Checks payable to CVRA

\*\*\*\*\*REFRESHMENTS PROVIDED TO ALL PARTICIPANTS\*\*\*\*\*

**Each participant MUST FINISH ALL FIVE EVENTS to receive an event t-shirt**

**RACE DIRECTOR:** Nick Gearhart 2015 Blake Blvd. SE Cedar Rapids, IA 52403  
319-364-6567 (H) 319-363-6840 (W)  
nickgearhart@hotmail.com

**Past Champions**

1991  
1992  
1993  
1994  
1995  
1996  
1997  
1998  
1999  
2000  
2001  
2002  
2003  
2004  
2005  
2006

**Men**

Jim Roubidoux  
Ron Nelson  
Jon Hajek  
Dale Rettenmeier  
Brad Addink  
Brad Addink  
Jon Armon  
Murray Nelson  
Dan Dall  
Nate Lawry  
Chad Goldsmith  
Andy Kauder  
Mark Bresnan  
Tom Novak  
Terry Looby  
Doug Hansel

**Women**

Susan Skinner  
JoAnne Riddell  
JoAnne Riddell  
Muriel Naumann  
JoAnne Riddell  
Jill Jones  
Jenny Saylor  
Becky Kobliska  
Robyn Squire  
Lisa Paulos  
Danielle Wangsness  
Megan Maher  
Erin Bresnan  
Helen Fuller  
Kate Wilson  
Deb Gaddis

**Records**

5K Run  
¼ Mile  
1 Mile  
100 Yards  
10 Miles

**Men**

Andy Kauder	16:47	2002
Ean Caskey	52.84	2002
Andy Kauder	4:49.33	2002
Nate Smith	10.96	2005
Steve Maresh	59:02	1996

**Women**

Muriel Naumann	20:00	1994
Erin Bresnan	1:07.05	
Muriel Naumann	5:43.47	1994
Megan Maher	13.37	2002
Jenny Saylor	1:10:31	1997

# 17<sup>TH</sup> ANNUAL PEWTERMAN PENTATHLON

Hosted by the Cedar Valley Running Association

Sunday, November 11, 2007, 9:00 am --

Washington High School, Cedar Rapids, IA

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AGE (As of race day) \_\_\_\_\_ GENDER M/F \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

HOME PHONE \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

T-SHIRT Size: SMALL: \_\_\_\_\_ MEDIUM: \_\_\_\_\_ LARGE: \_\_\_\_\_ XL: \_\_\_\_\_

ENTRY FEE                      **\$20.00 (\$18.00) \*\***  
   **\$2.00 Discount to CVRA members \*\***

CHECKS PAYABLE TO:        CVRA

MAIL ENTRIES TO:            Nick Gearhart  
   2015 Blake Blvd. SE  
   Cedar Rapids, IA 52403

## WAIVER

I know that walking/running in a race is a potentially hazardous activity. I realize I should not walk/run unless I am medically able and I am properly trained. I am fully aware and assume all risks associated with this walking/running event. I and everyone entitled to act on my behalf, waive and release the Cedar Valley Running Association (CVRA), Washington High School of Cedar Rapids, Iowa, volunteers and race officials for any and all claims or liabilities for death or damages for all injuries to me or my property arising from this event.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

If under 18, signature of parent or guardian \_\_\_\_\_