



Category Awards

5K Run

First Place for Males Overall

First Place for Females Overall

First, Second and Third Place for Males & Females

Ages 19 yrs & below	40-44 yrs
20-24 yrs	45-49 yrs
25-29 yrs	50-54 yrs
30-34 yrs	55-59 yrs
35-39 yrs	60+

COSTUME CONTEST

Top Festive Costumes – Family

Top Festive Costume – Individual

The Most Jingly – Individual

The Loudest Jingle – Family

The Loudest Jingle – Individual

*Awards ceremony begins at 9:30 am.

SOUTH SUBURBAN YMCA
401 E. Army Post Road
Des Moines, IA 50315



All proceeds from
this event benefit the
Partner With Youth Program

LoLo105-5013



South Suburban YMCA
Partner With Youth



Register NOW
For the 5K Run/1M Walk

(515) 285-0444
www.dmymca.org
www.active.com

presenting sponsor



Indianola, IA

DECEMBER 5, 2009

Date & Time

Saturday, December 5
8:30 am
Refreshments for
runners/walkers
post race

Registration

Register online, by mail or in-person by completing the attached entry form and returning it to the South Suburban YMCA, 401 E. Army Post Road, Des Moines, IA during facility hours. Late registration is available at packet pick-up.

Registration Deadline

November 30, 2009

Packet Pick-up

Packet pick-up will be on Friday, December 4 from 3-7 pm or 7-8 am on the race day at the South Suburban YMCA.

Parking

Parking will be available at Glad Tidings Assembly of God Church, 314 East Army Post Road located across the street NW of the YMCA.

Location

The course begins at the YMCA and winds through the southside of Des Moines including the Blank Park Zoo. The majority of the course is flat and fast.

More info

Come dressed with your bells on!
Sorry, no pets allowed.

PROGRAM FINANCIAL ASSISTANCE POLICY

Thanks to many generous community supporters, the YMCA strives to not turn away anyone due to an inability to pay. Please ask about our financial assistance program.

ONLINE REGISTRATION

www.dymymca.org

www.active.com



We build strong kids,
strong families, strong
communities.

2009 South Suburban YMCA Jingle Jam



NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

E-MAIL: _____

PHONE NUMBER: () _____

BIRTHDAY (MM/DD/YYYY): _____ AGE: _____

Age on December 5, 2009

MALE FEMALE (CIRCLE ONE)

ADULT SHIRT SIZE:** (CIRCLE ONE): SM MED LG XL

RACE: (CIRCLE ONE): 5K RUN or 1M WALK

ENTRY FEE: \$15 YOUTH (18 years and below)
\$20 INDIVIDUAL
\$55 FAMILY (4 person max, immediate family only)
\$20 NEW Hot Chocolate Walk (Approx. 1 mile)

PLEASE HAVE ALL FAMILY MEMBERS FILL OUT AND ATTACH
REGISTRATION FORM FOR PROCESSING

LATE REGISTRATION BEGINS DEC. 1 UP TO RACE DAY:

\$25 INDIVIDUAL

** Late registration will not be guaranteed a race t-shirt.

METHOD OF PAYMENT:

CREDIT CARD:

DISCOVER VISA MASTERCARD AMERICAN EXPRESS

CARD #: _____ EXP. DATE _____

CHECK ENCLOSED: MAKE CHECKS PAYABLE TO:
SOUTH SUBURBAN YMCA

Mail Registration Form & Check to:

South Suburban YMCA, 401 E. Army Post Rd., Des Moines, Iowa 50315

In submitting this entry, I hereby, for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I may or hereafter have against individuals associated with this event, their agencies, representatives and successors, for any and all injuries suffered by me in said event. I certify that I have full knowledge of the risks involved in this event and that I am physically fit and satisfactorily trained to participate in it and have no medical or physical conditions that prevent my participation in it. I give my permission for the use of my name and picture in any broadcast, telecast or print media account of this event.

SIGNATURE: _____ DATE: _____