



TASTE OF HOPE 5K RACE/FUN RUN/WALK SATURDAY, JULY 29, 2017

Schedule of Events

- 8:00 am – 5K
- 8:05 am – Youth Run for ages 9 to 16 (.75 mile)
- 9:00 am – Kid Run for ages 8 and under (distances range from 10-200 yards and vary by age)

Start-Finish

All races are at Lutheran Church of Hope, 925 Jordan Creek Pkwy, West Des Moines. The 5K course runs through residential streets and on the West Des Moines bike path system. The youth run and kid run are on church grounds.

Entry Fees

	5K (12 and above)	5K (under 12)	Youth Run	Kid Run *
Prior to July 25	\$20	\$10	\$7	Free
July 25 and after	\$25	\$15	\$10	Free

* Registration for the kid run is on the day of the event only. No t-shirts for kid run participants.

Packet Pickup

Packet pickup will be at Lutheran Church of Hope on Friday, July 28, 5:30-8:30 pm and Saturday, July 29, 7:00-7:45 am.

Awards

Awards will be given to the top three overall male finishers, the top three overall female finishers, the top two individuals in each age group for the 5K, and the top three male and female finishers in the youth run. Ribbons will be given to all kid run participants.

Mail Form To

Lutheran Church of Hope (Checks payable to Lutheran Church of Hope)
 5K Race/Fun Run/Walk
 925 Jordan Creek Parkway
 West Des Moines, IA 50266 or Fax: (515) 267-8136

For more information, email grinco6@aol.com



Please print clearly (if you want your name spelled correctly in the results)!

Race: 5K _____ Youth Run _____ Amount enclosed _____

Name: _____ Email: _____

Street: _____

City: _____ State: _____ Zip: _____

Age on 7/29/2017: _____ Sex: _____ Shirt Size: YS YM YL S M L XL XXL

Release of Liability: The undersigned acknowledges that the Taste of Hope 5K Run and Youth Run are voluntary, and that I am voluntarily participating. I hereby release Lutheran Church of Hope, its officers, directors and all other parties from any and all liability. The undersigned agrees that the above-mentioned parties shall be held harmless in the event of an accident causing damages or loss of property or injury to the undersigned. I have read the foregoing release and voluntarily sign the name.

Signature (or signature of guardian if under 18) Date