

Thank you to our sponsors



- Iowa Clinic
Bloyer Chiropractic
Nutrishop
HyVee - Ankeny
Crystal Clear
- CJ's Bagels
Harrison's Sports
Dahl's Foods



A fundraiser for YPartners Campaign

The YMCA makes strengthening our community our cause! Our mission statement's last two words—for all—are the words that drive our movement; a movement that focuses on youth development, healthy living and social responsibility.

We do this by offering affordable childcare to low and middle-income families, by developing healthy programs for members of all ages, by offering programs to help cancer survivors feel strong and connected, by helping military families cope with a family member overseas, by promoting youth development thorough our before and after school childcare, through our wonderful summer camps and so much more. Our community is important to us!

We count on the generosity of the community to partner with us in this cause. As a sponsor or participant you are partnering with the Y to help support all these and more.

You are the link! You can help every Ankeny child be a part of the Y; every cancer survivor feel connected and not alone, every person to find healthier solutions to our obesity epidemic and more. The Y is bigger than a gym. We are a place where you and members of your community belong.

Thank you for helping us to say yes to everyone!



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARTICIPATE
ACHIEVE
PARTNER

33rd Annual
Ankeny Family YMCA Road Race
Saturday, August 20, 2011



YMCA MISSION
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

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ANKENY FAMILY YMCA
1102 N. Ankeny Blvd.
Ankeny, IA 50023
www.dnymca.org

REGISTER
ONLINE!
www.active.com

YMCA of
Greater Des Moines
Financial Assistance Available
www.dnymca.org

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Distance

- 5K and 10K Run
- 5K Walk

Location

Ankeny Family YMCA

Time

Starting Times 7:30 a.m.

Fee

\$25 through August 6
\$30 August 7-19
\$40 August 20
\$20 Youth

Registration

- Online at www.active.com
- At Ankeny Family YMCA or any YMCA of Greater Des Moines

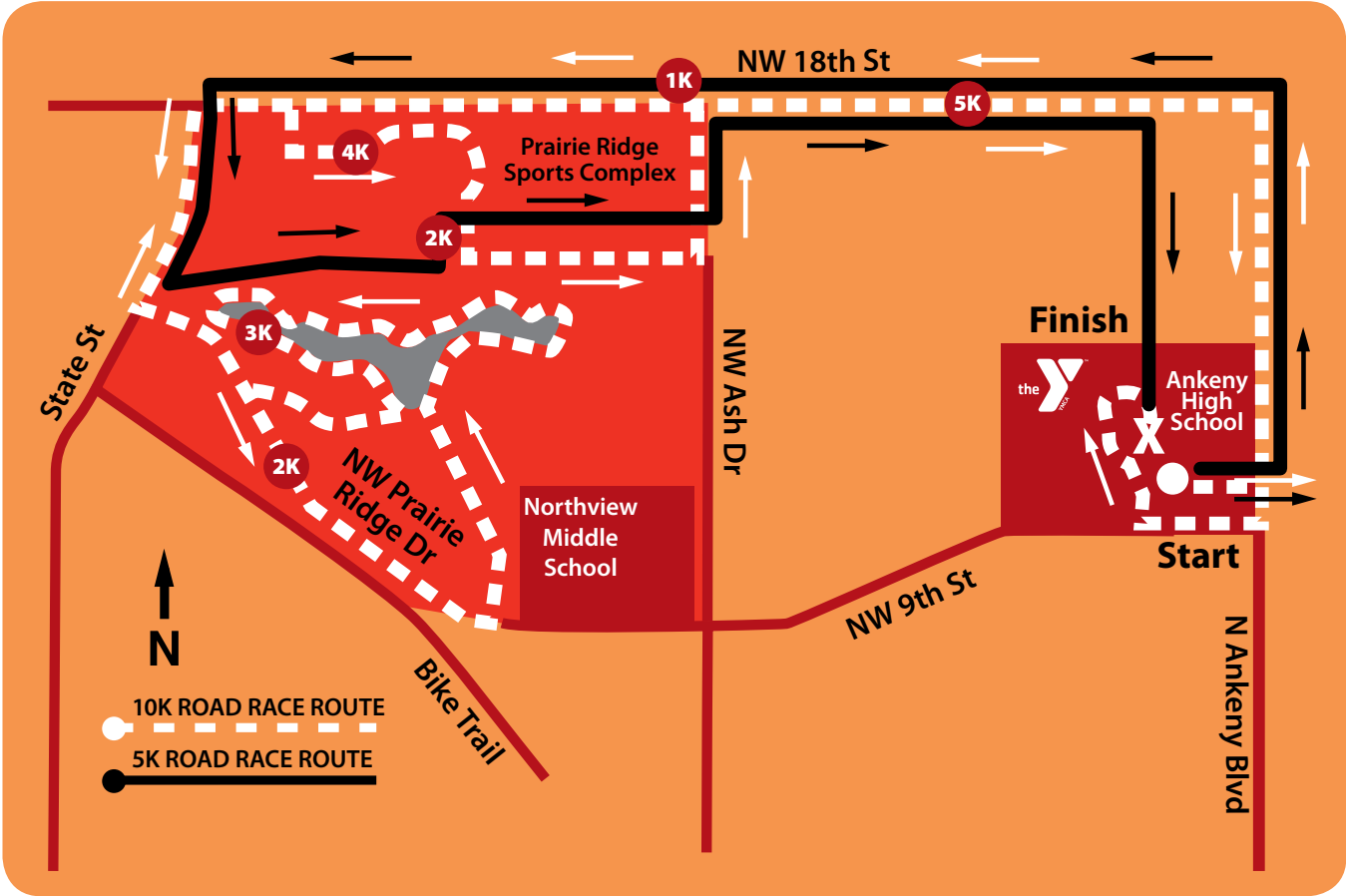
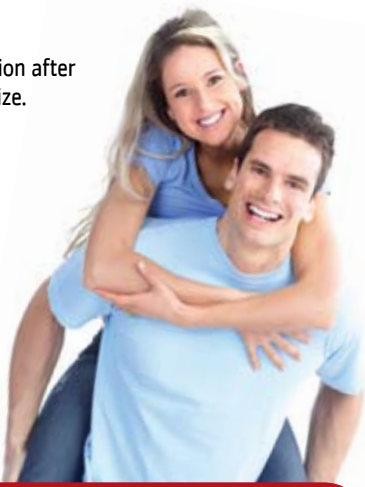
Late Registration:

6:30-7:00 a.m. (Race Day)
Shirt orders will be placed August 6 – registration after August 6 will not guarantee the desired shirt size.

Packet Pick Up

Friday, August 19, 4:00-7:00 p.m.,
Race Day Saturday, August 20, 6:30-7:00 a.m.

- Do Not Mail after August 1st.



Course

5K and 10K...flat & fast! Course begins and ends at the Ankeny Family YMCA.

Awards

A 3 month family membership will be awarded to the first place overall men's and women's runners in the 5K and 10K Road Race. Awards will be presented to top runners in each age division (male and female). A minimum of 2 awards per age group in both races.

Post-Race

Refreshments and awards at Ankeny Family YMCA. Free massages available to participants after the race.

Race Results

Race Results will be posted on www.fitnesssports.com

First-Aid Station

Located at the 1-, 2-, 3-, 4- and 5-mile marks.

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Which Event? ☐ 5K ☐ 10K ☐ 5K Walk

Name (Last Name / First Name) Please Print

Mailing Address (Include Apt. No.)

City

E-Mail Address

Birth Date

Home Telephone

Shirt Size (Adult) Age On Sex

S M L XL NONE 8/21/11

DELIVER OR MAIL TO: 2011 Road Race, Attn: Ankeny Family YMCA, 1102 N. Ankeny Blvd., Ankeny, IA 50023
PLEASE NOTE: One person per entry? All boxes completed? Waiver signed? Correct amount paid?

Signature

DO NOT MAIL AFTER AUGUST 1ST! NO REFUNDS!

Additional information can be obtained by calling the Ankeny Family YMCA front desk at 515-965-8800