

entryfee

BY OCT. 1st

\$20.00 (students)
 \$20.00 (AARC Member)
 \$15.00 (ROTC/Military)
 \$25.00 (all others)

OCT. 2nd - OCT. 8th

\$30.00 (all entries)
ON RACE DAY
 \$35.00 (all entries)
 \$5.00 Breakfast only

registration

**REGISTER
ONLINE AT:**

www.GetMeRegistered.com/RunfortheRoses

**SEND ENTRY
FORM TO:**

Ames Area Running Club
 P.O. Box 266, Ames, IA 50010

ISU Students, Faculty and Staff Register on Access Plus

A RUN LOCAL EVENT

eventschedule

Sunday October 9th - Ames Middle School
 3915 Mortensen Rd

7:30-9:30 AM Race Day Registration & Packet Pick-up

9:00 AM 5k Race/Walk

9:30 AM Breakfast begins & Kid's Fun Run

10:00 AM 10k Race

agedivisions

13 and under (5k only)	35-39	65-69
14-19 (5k only)	40-44	70-74
19 and under (10k only)	45-49	75-79
20-24	50-54	80-84
25-29	55-59	85-89
30-34	60-64	90+

soles4souls

Help us make a difference by bringing
 your old running shoes to donate!



Soles4Souls was founded in 2008, and since then, has distributed 26 million pairs of shoes in 127 countries worldwide. Without adequate shoes, people can get diseases such as hookworm, threadworm, and more. These diseases can prevent children from getting an education which continues the cycle of poverty. Not only do shoes improve health and education, but they also improve employment and confidence, which contributes to economic development.

awardsprizes

• Custom designed medals are awarded to the top 3 male and female finishers in five year age divisions from age 13 and under through age 90+ in the 5k and 10k runs.

• A custom designed medal and one dozen red roses are awarded to the first overall male and female finishers in the 5k and 10k runs.

- long sleeve t-shirt
- red rose
- omelet breakfast
- door prizes
- silent auction

questions?

Roman Lynch

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Please read carefully and fill in all information. Please print clearly. Do not mail entries after Sept. 31. Entry fee is non-refundable. One entry form per person. Make check payable to RUN FOR THE ROSES.

LAST NAME _____ FIRST NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

MALE _____ FEMALE _____ AGE ON 10/9/16 _____ BIRTHDATE _____ PHONE _____

E-MAIL _____

RACE (CIRCLE ONE): 10K 5K 5K WALK KIDS FUN RUN

T-SHIRT (YOUTH) YM YL (ADULT) S M L XL XSL

Kid's Run FREE unless T-Shirt / Breakfast

\$0.00 breakfast guest
 \$6.00 Kid's run w/ t-shirt, breakfast
 \$15.00 ROTC/Military
 \$20.00 (student) / by Oct. 1
 \$30.00 (AARC Member) by Oct. 1
 \$25.00 (all others) postmarked by Oct. 1
 \$30.00 by Oct. 2 - Oct. 9
 \$5.00 Race Day
 \$1.00 extra for XSL shirt

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 claims for damages I may have or that may hereafter accrue to me against all sponsors, supporters and officials associated with the Run for the Roses, Iowa State University their representatives, successors, and assigns for any injuries incurred by me during, because of or in travel to or from Run for the Roses.

Date _____ Signature _____
 (If participant is under 16, parent or guardian must sign.)

Donation to Admris Research Grants
 Total enclosed _____