

Run For Your Life Entry Form - Saturday, August 27, 2011 - 8 a.m. Start

Name (last name/first name) _____

Mailing Address _____

City _____ State _____ Zip Code _____

E-mail Address _____

Daytime Phone Number _____

Signature (parent or legal guardian if under 18): _____ Date: _____

Age as of 8/27 _____ Sex (M/F) _____ 10K _____ 5K _____ 1 Mile _____

Birth Date: month - day - year _____

Shirt Size _____ Youth M _____ S _____ M _____ L _____ XL _____ XXL _____

How did you hear about?
 _____ Website _____ Email _____ Brochure
 _____ Newspaper _____ Facebook
 _____ Other _____

Registration fee is \$30 for each event.
 Please make checks payable Iowa Heart Foundation.

I recognize the risks associated in any athletic event and hereby waive, release and hold harmless all sponsors, contributors, volunteers and officials associated with the race and event, from any and all liability, claims and rights for damages from injuries growing out of, related to, or arising from participation in the "Run For Your Life" walk/run. I further certify that I have full knowledge of the risks involved in this event and that I am physically fit to participate. If however, I do require medical attention as a result of my participation in the above mentioned activities, I authorize the medical personnel associated with the said event to provide such medical care as is deemed appropriate by such medical personnel.



IOWA HEART *Foundation*

The Iowa Heart Foundation promotes cardiovascular health with a goal of increasing awareness, providing access to information, and assisting those in need through

- Charitable healthcare services
- Professional education
- Community services

If you would like to assist the Foundation in furthering cardiac health awareness, please consider contributing a donation with 100% of funds remaining in Iowa.

"I would like to make a tax-deductible donation."

- \$30 \$50 \$100 Other

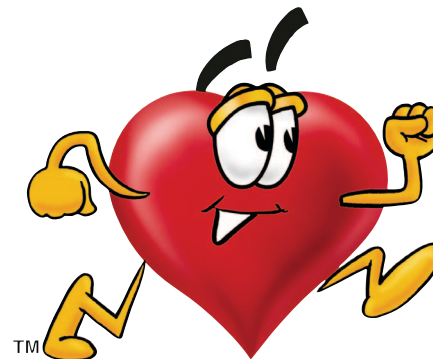
Please make checks payable to the Iowa Heart Foundation and mail to:

Iowa Heart Foundation
"Run for Your Life"
 5880 University Ave., Suite 101
 West Des Moines, IA 50266
 (515) 633-3555
www.iowaheartfoundation.org

Gold Level Sponsors
Daiichi-Sankyo
Medtronic
St. Jude Medical

Run For Your Life

A run or walk event



TM

Help raise awareness of heart disease and sudden cardiac death and raise funds for the placement of Automatic External Defibrillators in Iowa communities.

Saturday, August 27, 2011
 Water Works Park
 Des Moines, Iowa

For more information call
 (515) 633-3555 or visit
www.iowaheartfoundation.org

Event

Lace up your shoes and join us for the fourth annual "Run for Your Life" on August 27, 2011, at Water Works Park (back loop) in Des Moines, Iowa.

The event will raise awareness of sudden cardiac death and the funds raised will go towards the placement of automatic external defibrillators (AEDs) in Iowa. The events (5K, 10K and 1-mile run/walks) are designed for all fitness levels, whether you are a beginner or a seasoned runner or walker.

The event is open to the public. Strollers are welcome for the walk; however, please refrain from bringing pets.

Proceeds generated from this event will be donated to the Iowa Heart Foundation to support the placement of AEDs in organizations that show a need. Registration fee is \$30. Each participant will receive a t-shirt. T-shirt size will not be guaranteed if registered after August 19, 2011.

Packet pick-up

Participants may pick up t-shirts and bibs on Friday, August 26, 2011, from 4:00-6:00 p.m. at Iowa Heart Center's West University office located at 5880 University Ave. in West Des Moines.

Schedule of events

7:00 a.m.	Check-in
8:00 a.m.	10K run/walk and 5K run/walk begin
8:05 a.m.	1-mile fun run/walk begins (non-competitive)

Awards will be given to the top 3 finishers in each age and gender group for the 5K and 10K events. (18 and under, 19-30, 30-40, 40-50, 50-60, 60+).

Directions

Water Works Park is located on the southwest side of downtown Des Moines. The park entrance is located on Fleur Drive, directly across from Gray's Lake. Parking is available on-site. The races will be in the back loop near the Killdeer shelter. For detailed information, please contact the Iowa Heart Foundation at (515) 633-3555.

Course map

The courses have been designed by Steve Bobenhouse of Fitness Sports West, 7230 University Ave, Des Moines, Iowa. Map will be available on www.iowaheartfoundation.org.

Aid stations

There will be water at the 2 and 4 mile markers for the 10K race and at the 2 mile mark for the 5K race. Refreshments and snacks will be available at the finish.

Mercy EMS will also be on-site.

Registration

Registration must be completed by mail or delivered to the Iowa Heart Foundation office. Please complete and mail or deliver the attached registration form to:

Iowa Heart Foundation
"Run For Your Life"
5880 University Avenue, Suite 101
West Des Moines, IA 50266

Registration forms may be printed online at www.iowaheartfoundation.org

Before returning the registration form, please remember to:

- Sign the liability release form
- Indicate the race you are entering
- Enclose your \$30 registration fee (checks payable to Iowa Heart Foundation)

All race results will be posted on the Iowa Heart Foundation website - www.iowaheartfoundation.org and the Fitness Sports website - www.fitnesssports.com

Pre-registration is requested by August 19, 2011 to receive requested T-shirt size.



IOWA HEART
Foundation