

Run For Your Life Entry Form - Saturday, August 25, 2018 - 8 a.m. Start

Name (first name/last name) _____

Mailing Address _____

City _____ State _____ Zip Code _____

E-mail Address _____

Age as of 8/25/18 _____

Sex (M/F) _____

Youth M _____ S _____ M _____ L _____ XL _____ XXL _____ 3XL _____

Shirt Size _____

Team Name (Limit 12 Letters) _____

10K Run _____

5K Run _____

5K Walk _____

2 mile Walk _____

Youth registration (ages 5-14) \$20
Early bird registration \$30
Registration after August 16 \$40

Cash or Check payable to:
Iowa Heart Center Foundation
OR Register on-line at www.getmeregistered.com

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.

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

Daytime Phone Number _____



IOWA HEART CENTER
Foundation

The Iowa Heart Center 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 and the placement of Automatic External Defibrillators in Iowa communities, please consider a donation with 100% of funds remaining in Iowa. You may also support the Foundation by collecting tax-deductible donations from friends and family. Donors or individuals collecting donations of \$100 or more will receive a "Run For Your Life" medal. Donors or individuals collecting donations of \$250 or more will be entered into a drawing at the event.

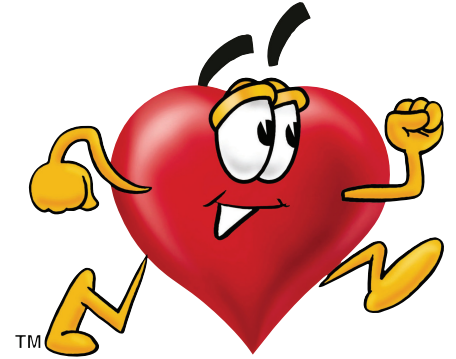
Please make checks payable to the Iowa Heart Center Foundation and mail or deliver to:

Iowa Heart Center Foundation
"Run for Your Life"
 5880 University Ave., Suite 101
 West Des Moines, IA 50266

If you would like to volunteer at this event, please contact Cindy Conroy at (515) 633-3555.

Run For Your Life

A run or walk event



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 25, 2018
 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 11th annual “Run for Your Life” on Saturday, August 25, 2018, at Water Works Park (back loop) in Des Moines, Iowa.

The events (10K/5K runs and 5K/2 mile 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 - no pets please.

The event will raise awareness of sudden cardiac death. Proceeds will be donated to the Iowa Heart Center Foundation to support placement of automatic external defibrillators (AEDs) in Iowa communities that show a need.

2018 Highlights:

- Early bird registration as part of a team (team name on T-shirt)
- Earn a medal—collect donations totaling at least \$100
- Collect donations totaling \$250 or more to be entered into drawing at the event
- Carlisle Cheer Squad will cheer the participants to the finish line!

Packet pick-up

Participants may pick-up T-shirts and bibs on Friday, August 24, 2018, from 4:00 – 5:30 p.m. at Iowa Heart Center’s West University office located at 5880 University Ave. in West Des Moines. Packet pick-up also at event from 7:00 – 7:45 a.m.

Schedule of events

- 7:00-7:45 a.m. Packet pickup/
on-site registration
- 8:00 a.m. 10K/5K runs begin
- 8:05 a.m. 5K/2 mile walks begin
(non-competitive)

Medals will be awarded to the top 3 finishers in each age and gender group for the 5K and 10K runs. 14 & under (5K only), 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. All youth (14 & under) will receive a medal. Medals will also be awarded to those participants raising at least \$100 for the event with donations due by start of event.

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 Center Foundation at (515) 633-3555.

Course maps

The courses have been designed by Steve Bobenhouse of Fitness Sports, 8810 Swanson Blvd, Clive, Iowa. Maps will be available on www.iowaheartfoundation.org and www.fitnesssports.com.

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 events. Refreshments and snacks will be available at the finish.

Mercy EMS will be on-site.

Registration

Register on-line at www.getmeregistered.com/IHFRunForYourLife

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

Iowa Heart Center 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/events.

Youth registration (ages 5-14)	\$20
Early bird registration (by 4:00 p.m. August 15):	\$30
Registration after 4:00 p.m. August 15	\$40

Before returning the registration form, please remember to:

- Sign the liability release form
- Indicate the event you are entering
- Enclose registration fee (checks payable to Iowa Heart Center Foundation)

All race results will be posted on the Fitness Sports website - www.fitnesssports.com.

**Registration is requested
by 4:00 p.m. August 15, 2018 to
guarantee requested T-shirt.**



IOWA HEART CENTER
Foundation