25th Annual Run for the Roses – Sunday, October 9, 2011

ENTRY FEE

$15.00 by Sept. 30 (students)
$18.00 by Sept. 30 (Ames Area Running Club/Vardo members)
$20.00 by Sept. 30 (all others)
$22.00 by Oct. 8 (all entries)
$25.00 on race day (all entries)

SEND ENTRY FORM TO:

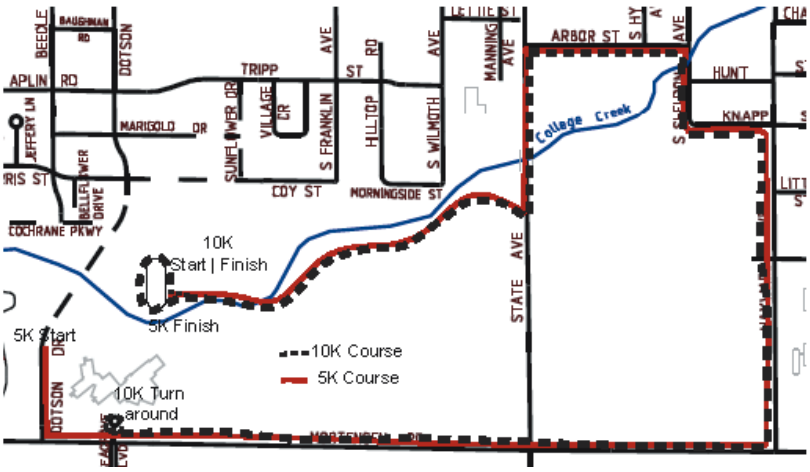
Ames Area Running Club
P.O. Box 266
Ames, IA 50010

OR...

Register online at:
http://www.active.com/event_detail.cfm?event_id=1968651

http://www.isu-aoii.com

THE COURSE



RACE-DAY REGISTRATION:

Sunday October 9th-- 7:30-9:30AM
Ames Middle School (Mortensen Road)

PACKET PICKUP:

Sunday Oct. 9 -- 7:30-9:00 AM
Ames Middle School (Mortensen Road)

EVENT SCHEDULE

5K Run/Walk	9:00 AM
Kid's Fun Runs	9:30 AM
Breakfast begins	9:30 AM
10K Race	10:00 AM

OMELET BREAKFAST:

Ames Middle School (Mortensen Road)
Your race number is your breakfast ticket; guest tickets are $5 each.

PARTICIPANTS ALSO RECEIVE:

Red rose to all finishers
Long-sleeved race T-shirt*

AWARDS

Awards are given to the first male and female finishers and the top three finishers in each age division in the 5K and 10K.

AGE DIVISIONS

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

*Late registrants not guaranteed shirt on race day

Please read carefully and fill in all information. Please print clearly. Do not mail entries after Oct. 5.
Entry fee is nonrefundable. 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 10/9/2011_____ BIRTHDATE_____ PHONE_____

EMAIL_____

Kid's Run FREE unless T-Shirt/Breakfast

RACE: ☐ 10K ☐ 5K ☐ 5K WALK ☐ KID'S FUN RUN

T-SHIRT (YOUTH) M L (ADULT) S M L XL XXL

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 claim 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, 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 18, parent or guardian must sign.)

_____$ 5.00 breakfast guest
_____$ 6.00 Kid's run w/t-shirt, breakfast
_____$15.00 (student) by Sept. 30
_____$18.00 (AARC/Vardo) by Sept. 30
_____$20.00 postmarked by Sept. 30
_____$22.00 Oct. 1 – Oct. 8
_____$25.00 Race Day
_____$ 1.00 extra for XXL shirt
_____Donation
_____Total enclosed