



DATE: Saturday, April 24, 2010 at 8:00 a.m.

LOCATION: Starts on Forest & 28th adjacent to Drake Stadium

FEE: Register Online at www.GetMeRegistered.com through Wednesday noon - April 21
 \$20 (8 km) and \$25 (Half) via postal mail through Wednesday - April 14
 \$25 (8 km) and \$35 (Half) at packet pick-up on Friday 4 to 7 p.m. - April 23
 \$30 (8 km) and \$40 (Half) at packet pick-up on Saturday 7 to 7:30 a.m. - April 24
 No refunds on entry fees or transferring of race numbers

PACKET PICKUP: Fine Arts Building at 25th & Carpenter, adjacent to the Finish, April 23 - 4 to 7 p.m. and April 25 - 7 to 7:30 a.m. ASICS socks to the first 2000 who pick up their packets on Friday, April 23. (must be pre-registered entrants).

COURSE: Half Marathon is rolling and 8K is flat and fast. All miles marked with lots of aid stations and mile splits. Time limit 1 hour for 8km & 2 1/2 hours for Half-Marathon

FINISH: 25th & Carpenter adjacent to the Fine Arts Building, two blocks from the start. Food, drink, showers, etc available.

MORE INFORMATION: See FitnessSports.com or DrakeRelays.org

42nd Drake Relays On-the-ROADS Entry Form - - Saturday, April 24, 2010 - - 8 a.m Start

**** Name (last name/first name) - - Please print neatly and fill out all boxes completely ****

*Age of 4/24	*Sex	*Half? *8k?
<input type="text"/>	<input type="text"/>	<input type="text"/>

Mailing Address

Birth Date: month - day - year

City	State	Zip Code
<input type="text"/>	<input type="text"/>	<input type="text"/>

**** E-mail Address - Please print neatly ****

Shirt Size	Predicted Time
<input type="text"/>	<input type="text"/>

Entry Fee - payable to Drake Relays
 (GetMeRegistered.com through noon 4/21)

20 dollars for 8km
 (through Wednesday - 4/14)

25 dollars for Half-Marathon
 (through Wednesday - 4/14)

\$25 (4/23) or \$35 (4/24) - 8km
\$30 (4/23) or \$40 (4/24) - Half

Don't mail after April 14, 2010
 No refunds and No transferring numbers

In consideration for the opportunity to participate in this event, I release all groups and persons, including the City of Des Moines, Iowa and the Drake Relays On-the-ROADS officials, sponsors, contributors, volunteers, etc., from any and all liability for any injury or damages whatsoever arising from any participation in the this event. I also authorize any medical treatment deemed advisable by any licensed physician to relieve any injuries or illness while a participant or observer. I certify that I have read this document and agree with its content.

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

PLEASE NOTE:

Must fill out * BOLD
 Please complete all boxes.
 Release signed?
 Mail before deadline?
 Correct amount paid?

MAIL TO: Drake Relays On-the-ROADS, 1631 38th Street, Des Moines, Iowa 50310