

32nd ANNUAL FRIENDLY SONS OF ST. PATRICK



ST. Patrick's Day 10 km and 5 km run/walk
Sunday, March 29, 2015
11:00 a.m.



FitnessSports
DES MOINES, IA 50314

LOCATION

Start: 5 km, 10 km (11:00 a.m.)

Just west of Sully's Irish Pub, 63rd and Grand.

Finish: 5 km, 10 km

In front of True Value Hardware, 63rd and Grand.

ENTRY FEE

10 km & 5 km Run/Walk

\$25 through Sunday, March 22nd, 2015.

\$30 Monday, March 23rd, through Saturday March 28th

\$30 Sunday, March 29th, 2015.

Make check payable to: Friendly Sons of St. Patrick.

On-line registration: <http://getmereregistered.com>

LATE REGISTRATION & PACKET PICK-UP

Saturday, March 28, 2:00 p.m. to 5:00 p.m. at SULLY'S
IRISH PUB, 110 Grand, West DM.

Sunday, March 29, 9:30 a.m. to 10:45 a.m. at SULLY'S
IRISH PUB, 110 Grand, West DM.

You must run the distance you select. If you decide on a
different distance, please tell a volunteer at packet pick-
up.

Race Coordinators: John Leonhart & Father Jim Kirby

COURSE

10 km Run

Loop through neighborhoods of West Des Moines.

5km Run

Out/back - Grand, Fourth Street and Maple.

Water stop located along the course.

Food and beverage served after the race.

DIVISIONS & AWARDS

5 km & 10 km - Men and Women

19 & under (3), 20-29 (3), 30-39 (3), 40-49 (3), 50-59 (3),
60-69 (3), 70 & over (3).

An Irish-design long sleeve T-shirt to all 5 km and 10 km
runners.

RESULTS

Results will be available, and the award ceremony will
take place, in Sully's Irish Pub after the race. Results will
also be available at www.fitnesssports.com.

"We are proud to team up with our community-minded
sponsors as we donate the proceeds of this run to local
charities."

32nd Annual Friendly Sons of St. Patrick- - March 29, 2015 - - Entry Form

Name (lastname/firstname)

Mailing Address

City

State

Zip Code

Birth Date

Shirt Size

S M L X

email address

Age on

3-29-15

Sex

M/F

Running

5K 10K

Entry Fee

(Payable to: Friendly Sons of St. Patrick)

5 km & 10 km

25 dollars
(through Sunday, March 22nd)

30 dollars
(Monday, March 23 through
Saturday March 28)

30 dollars
(Sunday, March 29th)

Capital Cities members may deduct \$5 off of
10K and 5K

Don't mail after March 23!!! No refunds

In consideration of acceptance of this entry, I (intending to be legally bound thereby, for myself and administrators,
waive and release any and all right and claim for damages) may have or that may hereafter accrue to me against
all sponsors, contributors, supporters and officials associated with Friendly Sons of St. Patrick, their representa-
tives, successors and assigns for any injuries incurred by me during, because of, or in travel to or from Friendly
Sons of St. Patrick.

Date: _____ Signature: _____

PLEASE NOTE:
One person per entry?
All boxes completed?
Release signed?
Correct amount paid?

MAIL TO: Friendly Sons of St. Patrick, Mickie Center, 1620 Pleasant, Rm 241, Des Moines, IA 50314. Phone: 277-SONS

FitnessSports
DES MOINES, IA 50314