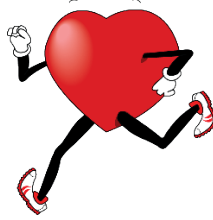


# 3rd ANNUAL HAVE A HEART 5K RUN/WALK

## SUNDAY, JULY 26<sup>th</sup>, 2015



**DATE: Sunday, July 26th**

**LOCATION: Raccoon River Park, West Des Moines**

**TIME: 5K to start at 8:00 AM**

**COST: \$25 for 18+; \$15 for 17 and under**

(Race day registration will be accepted - \$30 for 18+ and \$20 for 17 and under)

**A FREE Children's FUN RUN for 12 and under will be held after the 5K (approx. 9:00 AM) - T-Shirts will be available for purchase on race day for \$5.00**

**Packet Pick up will be held on Friday, July 24th from 4 PM to 7 PM in the Sacred Heart Parish Center (1627 Grand Avenue, West Des Moines)**

(Packets will also be available for race day pick up from 7:00 AM to 7:45 AM)

**ALL MONEY RAISED WILL GO TO LOCAL CHARITIES - - - RACE PRIZES AND A RAFFLE!**

QUESTIONS? Email: HaveAHeart5K@outlook.com

Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age on Race Day \_\_\_\_ Gender: M or F

Address: \_\_\_\_\_ Day Time Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_ T-Shirt Size: XS S M L XL

### CHILDREN'S FUN RUN

Child #1 Name \_\_\_\_\_ Age \_\_\_\_ T-Shirt Size (Youth) S M L

Child #2 Name \_\_\_\_\_ Age \_\_\_\_ T-Shirt Size (Youth) S M L

Child #3 Name \_\_\_\_\_ Age \_\_\_\_ T-Shirt Size (Youth) S M L

\*\*\*\*Fun Run T-Shirts can be purchased for \$5.00 ON RACE DAY\*\*\*\*

**One Entry Form Per  
Each 5K Participant**

CHECKS PAYABLE TO: HAVE A HEART 5K

MAIL ENTRIES TO: HAVE A HEART 5K C/O Colleen Webb, 5836 SW 56<sup>th</sup> Street, Des Moines, IA 50321

**DO NOT MAIL AFTER July 19th**

Where You Have the Right to B - FIT  
**FitnessSports**  
7230 University Ave, Windsor Heights, IA, 50324  
515/277-4785, Fax 515/277-3854 or 800/529-7684

I know that running a race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with this event including but not limited to falls, contact with other participants, and effects of weather, traffic conditions, and trail conditions. All such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release of the city of West Des Moines, West Des Moines Park and Rec, race organizers, sponsors, and its employees and all supporters, contractors, their representatives and successors from all claims or liabilities of any kind arising from my participation in this event.

X \_\_\_\_\_

**Register Online: <http://getmeregistered.com/HaveAHeart5K>**