

10TH ANNUAL

2015 Optimist Club of Ankeny SummerFest 5k Run/Walk and 1 Mile Run

Sunday, July 12, 2015

Organized by The Optimist Club of Ankeny



www.AnkenyOptimists.org

LOCATION AND RACE COURSE

Prairie Ridge Aquatic Center 1220 NW Prairie Ridge Drive in Ankeny To be timed by Michael Franke with C-Mac

SCHEDULE

7:45 AM: 5k Run/Walk

8:45 AM: 5k Awards Presentation at the Winner's Podium

9:15 AM: 1 Mile Run (route not on streets)

FREE Kid's Run for children ages 1-9 will start after

1 Mile Run (approximately 9:45 AM)

ENTRY FEE

5k Run/Walk with shirt:

\$32 until July 8, 2015 \$42 after July 8, 2015

5k Run/Walk - NO shirt:

\$20 until July 8, 2015 \$30 after July 8, 2015

1 Mile Run: \$10 now through Race Day

ABOUT THE GREAT SHIRTS

Technical moisture wicking -purple with white print Additional shirts can be purchased for \$12 each 2XL and 3XL shirts \$14 each, while supplies last

COURSES

5k Run/Walk and 1 Mile Run Maps available online at

www.ankenyoptimists.org

One water stop on 5k course Food and refreshments after race



DIVISIONS & MEDAL AWARDS

5K:1st, 2nd, 3rd males and females 10 and under, 11-15, 16-20, 21-25, 26-30, 31-35, 36-40, 41-50, 51-60, 60+ Top overall male and female

1 Mile: 1st , 2nd, and 3rd overall males and females. All race finishers shall receive a participant ribbon.

PACKET PICK-UP & LATE REGISTRATION

Saturday, July 11, 12 PM to 7 PM at the Ankeny SummerFest site.
Sunday, July 12, 6:15 AM to 7:15 AM at Prairie Ridge Aquatic Center Parking Lot.

100% of net race proceeds help the Ankeny Optimist club support the children and families of Ankeny.

Questions? Email us at bestinkids@ankenyoptimists.org
Results: www.AnkenyOptimists.org & www.FitnessSports.com



10th Annual Anke <u>i</u>	ny Optimists	SummerFest	Entry Form	Sunday, July	12, 2015	7:45	am S	Start
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Race Frequently-Asked Questions

Q: Why do you have several options for registering with a Technical Shirt or with out a shirt?

A: Our t-shirts are very popular and cool! But no matter how cool they are, some persons just don't wear t-shirts and/or don't want anymore, so why should one have to pay more for their registration if they don't want one? We're offering unique choices that very few races have.

Q: How long is the 5k Race? And what's the race course like?
A: It is 5 kilometers, which is 3.1 miles. The course is USATF certified for accuracy. The 5K Race Course is a flat, friendly neighborhood to run and/or walk through! Fans and the Ankeny Cheer Squad will greet you at the finish line!

Q: What is the 1-mile course like?

A: The 1 mile race is run on park sidewalks and not on city streets so it is a very kid friendly race course.

Q: Are baby strollers and wheelchairs welcome?

A: Most certainly! We ask those runners or walkers especially with baby strollers to start in the middle or back of the pack of runners and they are more than welcome. (The child rides for free!)

Q: What's the best way to get to the race location?

A: Around 7 am, eastbound on Prairie Ridge Drive from State Street will be closed. The best way is to head West on Prairie Ridge Drive from Ash Drive.

Q: Where will I be able to park?

A: At Prairie Ridge Aquatic Center Parking lot and at the Kirkendall Public Library Parking lot which is just east. The walk to the start line from the parking lot is a few yards away!

Q: Will there be food after the race?

A: Yes, plenty of delicious food from SYSCO and beverages will be provided.

Q: When will the 5k medals be given?

A: Awards will be presented on the Winner's Podium after the 5k race and before the 1-mile race begins..

Q: When will the Kid's Race start?

A: Right after the completion of the One Mile Race.

Q: Where can I see my results for the 5k Race and/or 1 Mile Race?

A: Results will be posted on the www.AnkenyOptimists.org and www.FitnessSports.com

The Optimist Club of Ankeny



This event is sponsored by the Ankeny Optimist Club. Money raised by this event help the club provide support to various Ankeny youth programs, clubs and charities.

Some of our current programs are:

Support Childhood Cancer Campaign

Project Juneberry

Ankeny Kids Fishing Derby

Ankeny Avenue of Flags

Christmas Sponsor Family/Family Gifts

Thanksgiving Sponsor Family

High School Scholarships

Halloween Miniature Golf Outing

Youth Essay and Oratorical Contest

Hunter / Gun Safety Program

Trivia Night

Ankeny Beautification Program

The Ankeny Optimist Club also provides assistance to these and other local charities and organizations:

The Ankey Schools Circle of Friends Ankeny Youth Shooting Sports Ankeny Dollars for Scholars Ankeny Post Prom Party

If you would like to join or find out more about the club, go to:

www.AnkenyOptimists.org



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For race updates, follow the Ankeny Optimist Club on Facebook and our website www.ankenyoptimists.org.

