

TASTE OF HOPE 5K Race/Fun Run/Walk

Saturday, July 23, 2016

8:00 am: 5K

8:05 am: Youth Run for ages 9 to 16 (.75 miles)

9:00 am: Kid Run for ages 8 and under (The distance range from 10 yards to 200 yards and vary by age.)

Start-Finish

All races are at Lutheran Church of Hope, 925 Jordan Creek Pkwy, West Des Moines. The 5K course runs through residential streets and on the West Des Moines bike path system. The youth run and kid run are on church grounds.



Entry Fees	5K (age 12 and older)	5K (under age 12)	Youth Run	Kid Run*
Prior to July 19	\$20	\$10	\$7	Free
July 19 and after	\$25	\$15	\$10	Free

* Registration for the Kid Run is on the day of the event only. No t-shirts for kid run participants.

Packet Pickup

Packet pickup will be at Lutheran Church of Hope from 5:30 pm to 8:30 pm on Friday, July 22 and 7:00 am to 7:45 am on Saturday, July 23.

Awards

Awards will be given to the top three overall male finishers and the top three overall female finishers plus the top two individuals in each age group for the 5K as well as the top three male and female finishers in the youth run. Ribbons will be given to all Kid Run participants.

Mail Form To:

Lutheran Church of Hope
5K Race/Fun Run/Walk
925 Jordan Creek Parkway
West Des Moines, IA 50266

or Fax : (515) 267-8136

For more information e-mail: grinco6@aol.com. Make checks payable to Lutheran Church of Hope.

Please print clearly (if you want your name spelled correctly in the results)!



Name: _____ e-mail: _____

Street: _____

City: _____ State: _____ Zip: _____

Event Entering: 5K _____ Youth Run _____ Amount enclosed _____

Age on 7/23/2016: _____ Sex: _____ Shirt Size: S M L XL XXL

Release of Liability: The undersigned acknowledges that the Taste of Hope 5K Run and Youth Run are voluntary, and that I am voluntarily participating. I hereby release Lutheran Church of Hope, its officers, directors and all other parties from any and all liability. The undersigned agrees that the above-mentioned parties shall be held harmless in the event of an accident causing damages or loss of property or injury to the undersigned. I have read the foregoing release and voluntarily sign the name.

Signature (or signature of guardian if under 18)

Date