TASTE OF HOPE 5K Race/Fun Run/Walk

Saturday, July 23, 2016

8:00 am: 5K

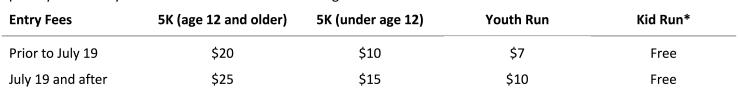
8:05 am: Youth Run for ages 9 to 16 (.75 miles)

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.



^{*} 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	Pitters St. David St. Market (b. 1877). Fitness Sports sull Park To 1887 State Andrew State Andrew State	
Name:		e-mail:
Street:		
City:	State:	Zip:
Event Entering: 5K Youth	Run Amount enclose	d
Age on 7/23/2016:	Sex: Shirt Size: S M	L XL XXL
voluntarily participating. I herby rele liability. The undersigned agrees tha	ase Lutheran Church of Hope, its office t the above-mentioned parties shall be	5K Run and Youth Run are voluntary, and that I am ers, directors and all other parties from any and all held harmless in the event of an accident causing pregoing release and voluntarily sign the name.
Signature (or signature of guardian i	f under 18) Date	e