



5K and 10K Run/Walk | Waterworks Park | Des Moines, Iowa

ABOUT THE WOUNDED HEROES RUN:

The first annual Wounded Heroes Run will be held Saturday, October 10, 2009 (9 am) in Water Works Park, Des Moines, Iowa. The event will include a 5K and 10K walk/run. All benefits will go to the Wounded Warrior Project, a charity dedicated to providing comfort, care, and service to the injured men and women of our Armed Forces.

ENTRY FEE:

- Pre-register by Friday, October 2, 2009 – \$20.00 (non-refundable)
- Late registration – \$25.00

REGISTRATION AND PACKET PICK-UP:

Register by completing and mailing the attached entry form along with entry fee to: Wounded Heroes Run | 6785 Westown Parkway | West Des Moines, Iowa 50266. (Online registration is available at www.woundedheroesrun.com)

Please do not mail registration forms after Friday October 2, 2009.

Late registration is available on race day from 7:00 - 8:30 am.

Packet pick-up Friday, October 9th from 4:00 - 6:00 pm at the office of Farmers Mutual Hail | 6785 Westown Parkway | West Des Moines, Iowa 50266.

T-shirts will be included for all pre-registered participants and available for late entrants while supplies last.

LOCATION:

The Wounded Heroes Run will be held at the west end of Water Works Park in Des Moines. Park entrance is off of Fluor Drive, directly across from Greys Lake.

AWARDS AND MEDALS:

Awards ceremony will take place after the race and full results will be available at www.woundedheroesrun.com. First, second and third place medals will be awarded to the first three male and female finishers of the 5K and 10K in each of the following age divisions:

13 & Under
14 – 18
19 – 29
30 – 39
40 – 49
50 & up

WEBSITE:

Complete details, directions, and online registration is available at <http://www.woundedheroesrun.com>

If more information is needed please email info@woundedheroesrun.com or call Aaron Pearce at 515-327-5775

<p>Mail this form by October 2, 2009 to:</p> <p>Wounded Heroes Run 6785 Westown Parkway West Des Moines, IA 50266</p>	Name: _____	I am running the 5K ___ 10K ___
	Address: _____	I am walking the 5K ___
	City: _____ State: _____ Zip: _____	
	Age: _____ Gender _____	Adult T-shirt Sizes (circle one):
	Phone: _____	S M L XL XXL
Email: _____		
<p>I the undersigned party acting individually and on behalf of all of my heirs, beneficiaries, and assigns hereby do release from liability and waive any claim against Farmers Mutual Hail Insurance Company of Iowa, The Wounded Heroes Run, any and all corporate and or personal sponsors and their agents, employees, officers, directors, heirs, beneficiaries, and assigns for any injury, damages, costs, or other event I may incur as a result of my participation in the Wounded Heroes Run. I understand and acknowledge that participation in a road race event is an inherently dangerous activity and that it is possible that serious bodily injury, dismemberment, or even death could result from my decision to participate regardless of my belief of fitness to participate. I execute this release from liability knowingly and freely.</p>		
Signature _____		Date _____
(Parent/guardian must sign if runner is under 18 yrs of age)		