

NEW  
Technical  
Long Sleeve Shirt  
and Clipped Race

# Red Flannel Run 21st anniversary

RIVERFRONT YMCA  
YMCA OF GREATER DES MOINES

Presented by



Benefits the  
YMCA Partner With Youth Campaign

February 13, 2010



**RIVERFRONT YMCA**  
101 Locust Street  
Des Moines, IA 50309

**The YMCA Mission**

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



**The YMCA Mission**

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

**YMCA PARTNER WITH YOUTH**

The last two words of our mission – for all – are the words that drive the Partner With Youth Campaign.

**Partner With Youth...**

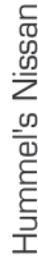
The YMCA serves all children and families through our programs and services. Thanks to many generous community supporters, the YMCA strives to never turn anyone away due to an inability to pay. Because of generous contributions to the Partner With Youth Campaign, the YMCA of Greater Des Moines continues to help build strong kids, strong families, and strong communities.

**The Riverfront YMCA**

- Introduces teenagers to RAGBRAI through the Dream Team process of establishing healthy training habits and strong relationships with other teens & adult team mentors.
- Provides a FREE 4-month Family Membership to Trim Kids participants and their families.
- Offers a safe place for youth and teens to spend their free time, reducing the odds that they will become involved with drugs, alcohol or gang activity.
- Provide staff to interact and lead teens through healthy programs at the Hoyt Middle School.

For more information regarding the Partner With Youth Campaign, please call 515-282-YMCA.

**RED FLANNEL RUN SPONSORS**



It's our name... and our promise.



**DATE** Saturday, February 13, 2010  
**EVENT** 5 Mile Run 3 Mile Walk/Run  
**TIME** 9:00 AM 9:00 AM

**START/FINISH** Riverfront YMCA, 101 Locust Street  
 One loop out and back on mostly flat, concrete-surfaced streets.  
**FINISH** Embassy Suites on the River  
 Post-race activities to be held at the Riverfront YMCA.

FEE	ADULTS	YOUTH	FAMILY
THRU FEBRUARY 5	\$25	\$15	\$50
FEBRUARY 6-12	\$30	\$10	\$55
FEBRUARY 13	\$30	\$10	\$55

*Family Registration is for immediate family members. (5 persons max)  
 All participants will receive a technical long sleeved shirt.*

**ONLINE REGISTRATION AVAILABLE:**  
[www.GetMcRegistered.com](http://www.GetMcRegistered.com), [www.fitnesssports.com](http://www.fitnesssports.com)  
 or [www.flatlandseries.com](http://www.flatlandseries.com)  
 www.dmyca.org for past participants

**PACKET PICK-UP** Riverfront YMCA  
**FRIDAY, FEBRUARY 12** 4 - 7 p.m.  
**SATURDAY, FEBRUARY 13** 7:30 - 8:30 a.m.

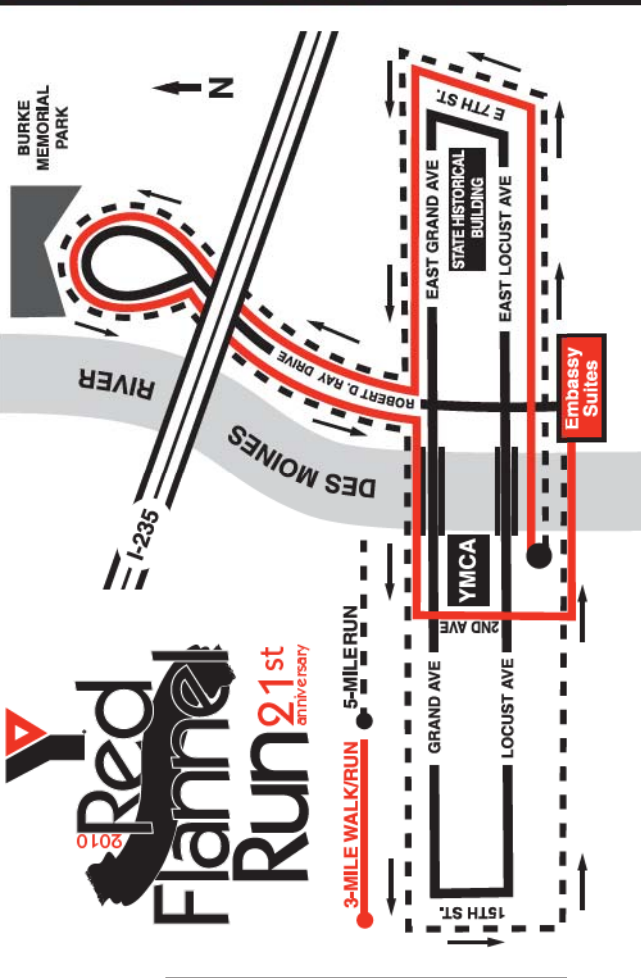
For more information, contact the Riverfront YMCA at 515-282-9622.

**POST-RACE MEAL**  
 A meal will be served at the Riverfront YMCA immediately following the run. The meal is **FREE to all participants.**

*The meal is sponsored by Embassy Suites, Panera Bread, Loffredo Fresh Produce, Anderson Erickson Dairy Co. and Atlantic Coca-Cola Bottling Company.*



**We build strong kids,  
 strong families,  
 strong communities.**



**AWARDS**

**3 MILE RUN** Special award to 1st and 2nd place male and female in each age division as follows:  
 9 & under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & Older  
*Awards mailed after race. OVERALL AWARD - Best time for both male and female. Awards received on Race Day!*

**5 MILE RUN** Special award to 1st and 2nd place male and female in each age division as follows:  
 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & Older  
*Awards mailed after race. OVERALL AWARD - Best time for both male and female. Awards received on Race Day!*

**RED FLANNEL CONTEST**

All runners and walkers are encouraged to wear a costume. "Celebrity" judges will determine the winners. Those wanting to be part of the contest should stop by the judge's station before the race starts. An awards ceremony will follow the race at the Riverfront YMCA and contest prizes will be given out.

- PENGUIN AWARD** Best dressed participant in red flannel *Prize: Java Joe's gift certificate*
- ICY CUPID AWARD** Best dressed couple in Valentine's Day apparel *Prize: Massage gift certificate*
- IDITAROD AWARD** Traveled the furthest distance to participate and dressed in red flannel (*maximum of 2 prizes awarded*) *Prize: Gas gift card*
- IGLOO AWARD** Largest number of participants from one family meeting together and dressed in red flannel (*prizes limited*)
- FROSTY CUBICLE AWARD** Best dressed co-workers in red flannel (*5-person max*) *Prize: Local lunch gift card*
- SLED DOG AWARD** Best dressed dog in red flannel *Prize: Treats from Three Dog Bakery*

YMCA Atrn: Red Flannel Run, 101 Locust Des Moines, IA 50309. Please make checks payable to the Riverfront YMCA. Do not mail after February 8, 2010. Phone registration available at 515-282-9622.

Shirt Size  Sex  Which Event?  3 Mile  5 Mile   
 Birthdate

**REGISTRATION FEE**

YOUTH (12 & Under)	\$15
ADULT (thru 2/5)	\$25
ADULT (2/6 - 2/12)	\$30
ADULT (2/13)	\$35
FAMILY (thru 2/5)	\$50
FAMILY (2/6 - 2/13)	\$55
DONATION TO PARTNER WITH YOUTH	\$
TOTAL FEE	\$

TOTAL ENCLOSED (non-refundable) \$

**RED FLANNEL RUN 21st Annual**  
 Entry Form 2010 one entry form per person

Name (last name / first name) Please Print \_\_\_\_\_  
 Mailing Address (include apt. no.) \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email \_\_\_\_\_  
 In submitting this entry, I hereby, for myself, my heirs, executors and administrators, make any and all rights and claims for damages, legal fees and attorney's fees, and I agree to indemnify and hold harmless the race organizers from any and all injuries suffered by me in said event, certify that I have full knowledge of the risks involved in this event and that I am physically fit and voluntarily participate in it and have no medical or physical conditions that prevent my participation in it. I give my permission for the use of my name and picture in any broadcast, news, or print media account of this event.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

(Of parent or legal guardian, if under 18)