

**Sunday, May 8, 2011**  
**27<sup>th</sup> Annual Ronald McDonald House**  
**5k Run/Walk & 10 Mile Run**

*Join us on Mother's Day for a fun, family-friendly event!*  
**Mothers receive gift for participating!**

**More information: [www.ronaldsrn.com](http://www.ronaldsrn.com)**



RONALD McDONALD  
 HOUSE CHARITIES  
 OF EASTERN IOWA

**2011 RMH**  
**Run/Walk**  
 presented by  
 our friends



**GEICO**

**SCHEELS**

**Schedule of Events (all times A.M.)**  
**Event held at Ronald McDonald House of Iowa City**  
**8:30 10 Mile Run Start (route closed at 10:50)**  
**8:45 Ronald's Run (free for kids 5-under)**  
**9:00 5k Run/Walk Start**  
**10:45 Awards Ceremony**

**To Register**

1) Online: <http://2011RMHCRunWalk.kintera.org>  
 OR  
 2) Complete the entry form below.  
*Please note the additional cost for a late entry*

**Participate AND Collect Donations for the House**

Participants can use <http://2011RMHCRunWalk.kintera.org> to form teams & raise funds for the Ronald McDonald House.  
 \*\* Every participant who raises \$100.00 receives a gift

**Race Start & Finish - 730 Hawkins Dr, Iowa City (RMH)**

Both races start and finish at the Ronald McDonald House.  
**Free parking available in Lot 75 (Arena Commuter Lot)**

**Chip Timing**

Chip timing or equivalent timing system will be provided this year.  
 Chips will be distributed on race day near registration table.

**Registration Fees**

**5k:** \$20.00 (t-shirt guaranteed up to May 1)  
**10 Mile:** \$30.00 (includes dry-fit t-shirt)  
**Late Entry:** Add \$5.00 if registering after May 1

**FAQ - Children**

- Children in strollers can participate at no cost.
- T-shirts for kids will be available for \$10.00, limited quantity.
- Ronald's Run is free for children 5-under. **8:45 AM Start!**

**Age Groups**

**5k Age Groups:** 14 & under, 15-18, 19-24, 25-29, 30-39, 40-49, 50-59, 60-69, 70+ (all Male/Female).  
 All **10 Mile Finishers** receive a special participation award.

**Early Packet Pick-up (NOTE: change from prior year)**

**Ronald McDonald House - Fri, May 7, from Noon - 7 PM**  
**Scheels (Coral Ridge Mall) - Sat, May 8, from Noon - 7 PM**

**Register online at <http://2011RMHCRunWalk.kintera.org>**

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 cut line **2011 Ronald McDonald House Run/Walk Entry Form**

Name (first/last) \_\_\_\_\_  
 Team Name (OPTIONAL) \_\_\_\_\_  
 Age on 5/8/2011 \_\_\_\_\_ Gender: M F **Race Option:** 5k or 10 mile  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Email \_\_\_\_\_

Release: I am entering the Ronald McDonald House run/walk on Sunday, May 1, 2011. I consider myself physically fit & adequately trained. I understand the risks involved in this type of event on city streets in potential traffic, and I agree that I am taking part of this event at my own risk. By signing below, I release Ronald McDonald House Charities of Eastern Iowa, the City of Iowa City, City of University Heights, City of Coralville, and the sponsors, organizers, and volunteers from any liability including claims for personal injury, death, and other damages that occur during the event.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
 Signature \_\_\_\_\_ Date \_\_\_\_\_  
 (parent/guardian signature required for participants under age 18)

<b>T-shirt Size</b>		
Adult:	S M L XL XXL	Youth: M L
<b>Registration</b>	<b>Fee</b>	<b>Amount Enclosed</b>
5k: Until May 1, 2011	\$ 20.00	_____
5k: After May 1, 2011	\$ 25.00	_____
10 mile: Until May 1, 2011	\$ 30.00	_____
10 mile: After May 1, 2011	\$ 35.00	_____

Please charge my credit/debit card (MC or Visa only)  
 Number \_\_\_\_\_  
 Exp Date \_\_\_\_\_ VIN \_\_\_\_\_  
 Amount \_\_\_\_\_

Checks payable to Ronald McDonald House  
**Mail entry to: Iowa City Ronald McDonald House,**  
**730 Hawkins Dr, Iowa City, IA 52246**  
**Attn: Carson Egglund**

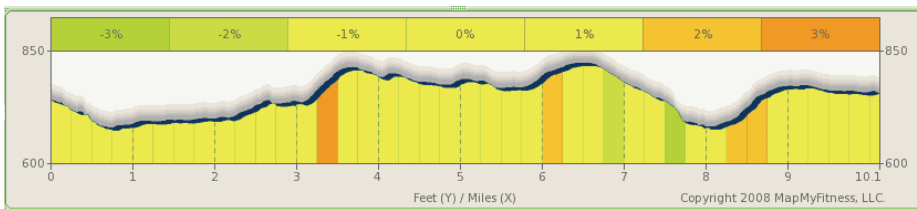
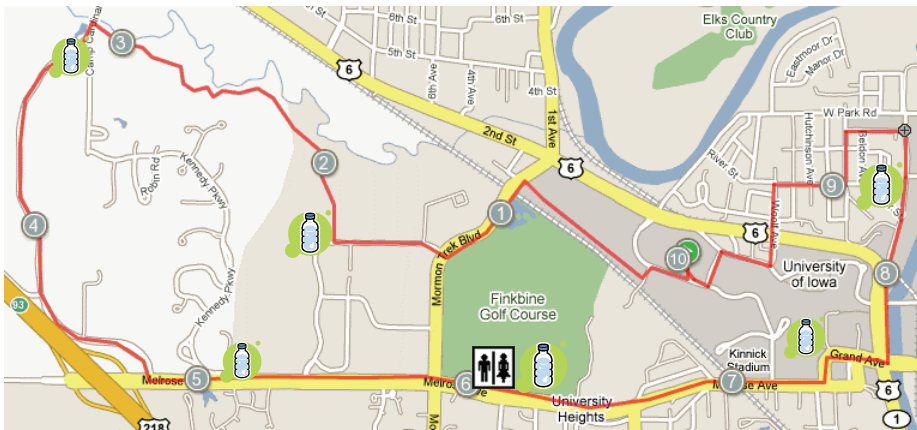
**THE BEST PLACE**  
**TO FIND THE RACE**  
[RunningWall.com](http://RunningWall.com)



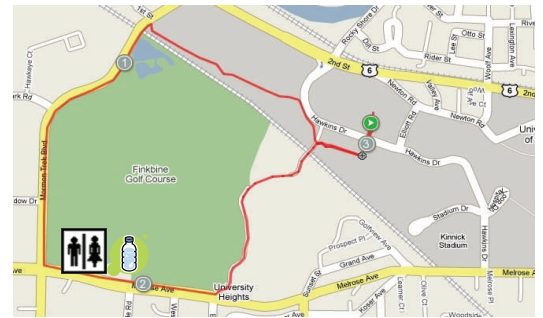
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IOWA CITY, IA

**RMH 27<sup>th</sup> Annual Run/Walk**  
**Join us Sunday, May 8, 2011**

**10 mile route**




**5k route**



Both routes start and finish at the Ronald McDonald House in Iowa City.

No pets please.

Hydration stations marked by 

Restroom marked by 

Race course is not certified.

Since opening in 1985, the Iowa City Ronald McDonald House has served over 60,000 guests from all 99 Iowa counties, all 50 states, and over 55 foreign countries. The Ronald McDonald House of Iowa City provides a “home away from home” for 31 families whose children are receiving critical medical care.

**All proceeds benefit Ronald McDonald House Charities of Eastern Iowa**  
**Learn more about how you can help the House: [www.rmhc-easterniowa.org](http://www.rmhc-easterniowa.org)**

Thank you to all of our sponsors, volunteers, and participants who help make this event great!

**Questions?** Contact Carson Egglund at 319-384-5852 or [egglundc@healthcare.uiowa.edu](mailto:egglundc@healthcare.uiowa.edu)

