

# TASTE OF HOPE

## 5K Race/Fun Run/Walk

Saturday, July 23, 2011

5K at 8:00 a.m. and Youth Run (children 11 and under) at 9:00 a.m.

### ***Start-Finish***

The 5K start/finish will be at Lutheran Church of Hope, 925 Jordan Creek Pkwy, West Des Moines. The course runs through residential streets and on the West Des Moines bike path system. The Youth Run will be in the church parking lot. The distances of the Youth Run will vary by age.

<b><i>Entry Fees</i></b>	<u>5K (12 and above)</u>	<u>5K (under 12)</u>	<u>Youth Run</u>
Prior to July 18	\$18	\$10	Free
July 18 and after	\$20	\$12	Free

T-shirts will be guaranteed for the first 300 entrants (t-shirts for 5K entrants only). Proceeds will go to Riverside Lutheran Bible Camp. Make checks payable to Lutheran Church of Hope.

### ***Packet Pickup***

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

### ***Awards***

Awards will be given to the top 3 overall male finishers and the top 3 overall female finishers plus the top two individuals in each age group. Ribbons will be given to all Youth Run participants.

***Mail Form To*** Lutheran Church of Hope or Fax : (515) 267-8136  
5K Race/Fun Run/Walk  
925 Jordan Creek Parkway  
West Des Moines, IA 50266

For more information e-mail [grinco6@aol.com](mailto:grinco6@aol.com)

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

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Event Entering: 5K \_\_\_\_\_ Youth Run \_\_\_\_\_ Amount enclosed \_\_\_\_\_

Age on 7/23/2011: \_\_\_\_\_ 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