

Introducing

# The Miles of Smiles Race Series

sponsored by Iowa Falls Family Dentistry

In an effort to promote healthy lifestyles and support local charitable running races, Iowa Falls Family Dentistry will sponsor the first annual "Miles of Smiles Race Series" this summer. The series will unite four area races that have become traditions for local runners and walkers into a larger overall competition. The Series will include the following races:

June 5th - "Run Your Buns Off 5K" - Ackley Sauerkraut Days

July 3rd - "Riverbend Rally 5K" - Iowa Falls

July 24th - "Pine Lake Trail Run 5K" - Eldora

August 28th - "Beeds Lake Restoration Run" 5K, 10K and Half-Marathon - Hampton

A points system will be used to score participants based on overall placing, age group placing and the total number of events run. The points system is set up to level the field for participants of all ages to be able to compete for the awards. Points will accumulate throughout the season. At the end of the series, cash prizes will be awarded to the top male and female point scorers and the top overall scorer will receive a trophy. Anyone who completes at least 3 of the races will receive a free technical running shirt commemorating the achievement. Anyone who completes at least two of the races will be entered in a drawing for additional prizes.

There is no cost to enter the Miles of Smiles Race Series (regular race entry fees apply for each race) and participants can run in as many or as few of the four races as they want.

The Miles of Smiles Race Series was an idea that brought together two of my passions, running and oral health. I am hoping that the Race Series will increase the participation in these great local races and encourage more people to get out and partake in the active lifestyle that the races represent. With the help of Crest/Oral-B, I also hope to encourage an awareness of the benefits of good oral health.

If you have any questions or would like more information please contact me by phone, mail or email.

Sincerely,

J. Brad Miller DDS

Director of the Miles of Smiles Race Series

Iowa Falls Family Dentistry

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# FREE

## to join

Benefits:

- Cash prizes
- Drawings
- FREE technical running shirt for those who complete at least 3 races
- Overall champion trophy

