

# Schedule of Events

## EARLY REGISTRATION PACKET PICKUP

Thursday, November 3rd from 4:00-6:00 p.m. at the Jacobson Center located at 420 Kellogg in Ames.

**12:00 p.m.** Race Day Registration/Packet Pickup  
Central Campus, Iowa State University

**12:45 p.m.** Warm-up with Cy

**1:00 p.m.** 4k Run/Walk Begins

**2:00 p.m.** Awards Ceremony/GRIP Presentation



**THE 1ST  
PLACE PAIR  
LAST YEAR  
WAS BERT  
AND ERNIE!**

# Route Information

The race begins on Central Campus and heads west, circling around Parks Library and Black Engineering. The relay handoff is by the Campanile, and then continues east behind Gerdin, heads north to Agronomy Hall, and follows Osborn Drive to Parks Library before returning to Central Campus.

# Additional Information

**Parking** is available in the ramp next to the Memorial Union and across the street from the Gerdin Business Building in the East Parking Deck. Some locations may require a small fee.

- For a map of these, and other, locations please visit: [www.fpm.iastate.edu/maps](http://www.fpm.iastate.edu/maps)

**Refreshments** will be provided by Panera Bread and will include bakery items and beverages.

There will be a **special guest appearance** from Cy the mascot.

All registrants will be entered in a raffle to win **door prizes**.

**Participants may register by:**

- Completing the online registration form at the Events page at [www.yss.org](http://www.yss.org).
- Filling out the attached registration form and mailing it to Youth & Shelter Services, Inc. with payment included.
- Calling Teresa Glover at 515.233.3141.

The early registration deadline is **midnight, October 24, 2011**. After this date, registration fees increase by \$5.

Registration fee includes a **race T-shirt**. Additional T-shirts may be ordered from our web site or by using the form to the right. **Entries must be received by October 24, 2011 to guarantee a free T-shirt.**

# Registration Form

You can also register online at [YSS.org](http://YSS.org)!

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

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ D.O.B. \_\_\_\_\_

Gender:  Male  Female E-mail: \_\_\_\_\_

| <b>Race Registration:</b><br>(Includes t-shirt)                              | <input type="checkbox"/> Single - \$25 Before 10/24/11  | Subtotal:<br>\$ _____  |  |   |              |  |            |  |             |  |            |  |              |  |       |  |   |              |  |            |  |             |  |            |  |              |  |          |  |           |                       |
|--|---|--|--|---|--------------|--|------------|--|-------------|--|------------|--|--------------|--|-------|--|---|--------------|--|------------|--|-------------|--|------------|--|--------------|--|----------|--|-----------|-----------------------|
|  | <input type="checkbox"/> Single - \$30 After 10/24/11   |  |  |   |              |  |            |  |             |  |            |  |              |  |       |  |   |              |  |            |  |             |  |            |  |              |  |          |  |           |                       |
| Entries must be received by Oct. 24, 2011 to ensure a free T-shirt and size. | <input type="checkbox"/> Pair - \$40 Before 10/24/11  | SIZES S-XL included in Registration Price (Adults, add \$2 for xxl and \$3 for xxxl) |  |   |              |  |            |  |             |  |            |  |              |  |       |  |   |              |  |            |  |             |  |            |  |              |  |          |  |           |                       |
|  | <input type="checkbox"/> Pair - \$45 After 10/24/11   |  |  |   |              |  |            |  |             |  |            |  |              |  |       |  |   |              |  |            |  |             |  |            |  |              |  |          |  |           |                       |
| T-Shirt size: Child: S M L XL (circle one) Adult: S M L XL XXL XXL +\$2 +\$3 |   |  |  |   |              |  |            |  |             |  |            |  |              |  |       |  |   |              |  |            |  |             |  |            |  |              |  |          |  |           |                       |
| <b>Additional T-Shirts:</b>  | <table border="1"> <tr><th colspan="2">Child</th></tr> <tr><th>#</th><th>Price &amp; Size</th></tr> <tr><td> </td><td>\$10 Small</td></tr> <tr><td> </td><td>\$10 Medium</td></tr> <tr><td> </td><td>\$10 Large</td></tr> <tr><td> </td><td>\$10 X-Large</td></tr> </table> | Child  |  | # | Price & Size |  | \$10 Small |  | \$10 Medium |  | \$10 Large |  | \$10 X-Large | <table border="1"> <tr><th colspan="2">Adult</th></tr> <tr><th>#</th><th>Price &amp; Size</th></tr> <tr><td> </td><td>\$10 Small</td></tr> <tr><td> </td><td>\$10 Medium</td></tr> <tr><td> </td><td>\$10 Large</td></tr> <tr><td> </td><td>\$10 X-Large</td></tr> <tr><td> </td><td>\$12 XXL</td></tr> <tr><td> </td><td>\$13 XXXL</td></tr> </table> | Adult |  | # | Price & Size |  | \$10 Small |  | \$10 Medium |  | \$10 Large |  | \$10 X-Large |  | \$12 XXL |  | \$13 XXXL | Subtotal:<br>\$ _____ |
|  | Child   |  |  |   |              |  |            |  |             |  |            |  |              |  |       |  |   |              |  |            |  |             |  |            |  |              |  |          |  |           |                       |
| #  | Price & Size  |  |  |   |              |  |            |  |             |  |            |  |              |  |       |  |   |              |  |            |  |             |  |            |  |              |  |          |  |           |                       |
|  | \$10 Small  |  |  |   |              |  |            |  |             |  |            |  |              |  |       |  |   |              |  |            |  |             |  |            |  |              |  |          |  |           |                       |
|  | \$10 Medium   |  |  |   |              |  |            |  |             |  |            |  |              |  |       |  |   |              |  |            |  |             |  |            |  |              |  |          |  |           |                       |
|  | \$10 Large  |  |  |   |              |  |            |  |             |  |            |  |              |  |       |  |   |              |  |            |  |             |  |            |  |              |  |          |  |           |                       |
|  | \$10 X-Large  |  |  |   |              |  |            |  |             |  |            |  |              |  |       |  |   |              |  |            |  |             |  |            |  |              |  |          |  |           |                       |
| Adult  |   |  |  |   |              |  |            |  |             |  |            |  |              |  |       |  |   |              |  |            |  |             |  |            |  |              |  |          |  |           |                       |
| #  | Price & Size  |  |  |   |              |  |            |  |             |  |            |  |              |  |       |  |   |              |  |            |  |             |  |            |  |              |  |          |  |           |                       |
|  | \$10 Small  |  |  |   |              |  |            |  |             |  |            |  |              |  |       |  |   |              |  |            |  |             |  |            |  |              |  |          |  |           |                       |
|  | \$10 Medium   |  |  |   |              |  |            |  |             |  |            |  |              |  |       |  |   |              |  |            |  |             |  |            |  |              |  |          |  |           |                       |
|  | \$10 Large  |  |  |   |              |  |            |  |             |  |            |  |              |  |       |  |   |              |  |            |  |             |  |            |  |              |  |          |  |           |                       |
|  | \$10 X-Large  |  |  |   |              |  |            |  |             |  |            |  |              |  |       |  |   |              |  |            |  |             |  |            |  |              |  |          |  |           |                       |
|  | \$12 XXL  |  |  |   |              |  |            |  |             |  |            |  |              |  |       |  |   |              |  |            |  |             |  |            |  |              |  |          |  |           |                       |
|  | \$13 XXXL   |  |  |   |              |  |            |  |             |  |            |  |              |  |       |  |   |              |  |            |  |             |  |            |  |              |  |          |  |           |                       |
|  |   |  |  |   |              |  |            |  |             |  |            |  |              |  |       |  |   |              |  |            |  |             |  |            |  |              |  |          |  |           |                       |

**Combined Total: \$** \_\_\_\_\_

**Payment:** Cash, Check and Credit Card Accepted  
Please make checks payable to:  
**Youth & Shelter Services GRIP Mentoring**

Payment by Credit Card:  Visa  MasterCard

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I assume all risk associated with Pair Up for a Purpose including, but not limited to, falls, contact with other participants, the effects of weather, and traffic. All risks are known and accepted by me. Therefore, I waive and release any and all rights and claims against the City of Ames and officials, Youth & Shelter Services, Inc., the Pair Up for a Purpose directors, sponsors, supporters and all people involved with this event. I attest that I have full knowledge of the risks involved in this event and that I am physically fit and sufficiently trained.

## Pairing Option:

I am "Pairing Up"  
Partner's Name: \_\_\_\_\_

LIKE TWO  
PEAS IN A POD



Please send all registration materials to:

Youth & Shelter Services, Inc.  
Attn: Teresa Glover  
P.O. Box 1628  
Ames, IA 50010

# Pairing

Up 4 Success

Great Relationships in Pairs relies on its pairs for success. Pairs of mentors and mentees are the foundation of the program. Because of this, the theme of the day is to "Pair Up 4 a Purpose." In addition, because participants are "pairing up 4 a purpose" the race is a 4K run/walk.

To promote our theme, participants may sign up individually or have the option of "pairing up" with a partner to run the race together or as a relay exchange. Participants may also dress up as famous pairs if they choose.



# About

Great Relationships in Pairs

Elementary and middle school students are referred to GRIP by a teacher or counselor, a family member or themselves for a variety of reasons including academic difficulty, social challenges, or issues affecting life at home. Our outcome data shows that, like all young people, our mentees benefit significantly from having a fun and special one-on-one relationship with a caring adult.



The mentoring relationship is a mutual commitment to a long-term friendship that develops through weekly 30-60 minute meetings. For elementary students, sessions take place at school and might involve lunch, board games, work on a craft project, sports or time just for chatting. Middle school matches meet either at the school or at a time and place of their choosing. Mentors and mentees may participate in service projects together.



Panera Presents...  
BREAD

4K Run/Walk  
Pair Up 4 a Purpose



Sunday, November 6, 2011  
Iowa State University - Central Campus

4K Run/Walk  
SUPPORTING  
YOUTH & SHELTER SERVICES  
GRIP  
MENTORING PROGRAM

Register online at:  
YSS.org and click on Events

THANK YOU TO OUR SPONSORS!



If you require accommodations to participate in any program offered by Youth & Shelter Services, call 515-233-3141 to make your request. Please notify YSS at least 72 hours before any scheduled event. Also, this material is available in alternative format upon request. To receive this material in an alternate format, call 515-233-3141 or Iowa Relay at 711.