



Saturday ♦ 8:00 A.M.

April 9, 2011

Gray's Lake Park ♦ Des Moines

8K Run ♦ Little Lakers Race

[www.CapitalStriders.org](http://www.CapitalStriders.org)

**DATE AND TIME**

Saturday, April 9: 8:00 a.m. 8K race  
9:15 a.m. Little Lakers Race

**ENTRY FEES**

Online at [www.capitalstriders.org](http://www.capitalstriders.org)  
 \$20 – Members (with current membership number) through 3/31  
 \$25 – Non-Members through 3/31  
 \$30 – Members April 1-April 8  
 \$35 – Non-Members April 1-April 8

**Mail Entries** (Postmarked by March 31!)

\$20 – Members (with current membership number) through 3/31  
 \$25 – Non-Members

**DO NOT MAIL AFTER MARCH 31!**

Packet Pickup: All entries \$35  
 Race Day: All entries \$40  
 Registration required for Little Lakers but No Fee

**NO ENTRY FEE REFUNDS**

**PACKET PICKUP**

4:00 - 6:30 p.m., Friday, April 8, at Prairie Life Fitness  
 (4875 Mills Civic Prkwy, West Des Moines)  
 6:30 - 7:30 a.m., Saturday, April 9 at Gray's Lake Park

**ROUTES**

The 8K course is USTAF certified and is run on a twelve foot wide (in most sections), relatively flat asphalt trail. This race completes just over two loops around the lake.

**LITTLE LAKERS RUN**

Children 10 years old and younger will be placed in age groupings and will run distances of 100-400 meters along the path. Pre-registration is required prior to 8:45 a.m. on race day. Races begin at 9:15 a.m. Ribbons for all participants.

**PARTICIPANTS RECEIVE**

Race shirt to the first 400 pre-registered  
 Great post-race food and refreshments

**AWARDS**

- Awards will be given to overall 1st, 2nd, 3rd and 1st Masters; plus to the top 3 places in 10-year age groups through age 70+, male and female. **Only one award per person.**
- Winners can claim prizes at the designated Awards Table starting at 8:45 a.m.
- Printed race results will be available 30 minutes after the 8K race concludes and will be available online at [www.CapitalStriders.org](http://www.CapitalStriders.org) by Sunday, April 10.



**Entry Form**

Saturday, April 9, 2011, 8:00 a.m.

**Save Time - Sign up  
 Online at [www.capitalstriders.org](http://www.capitalstriders.org)**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Age on 4/4/11 \_\_\_\_\_ M/F \_\_\_\_\_

Mailing Address (include Apt. No.) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

E-mail address \_\_\_\_\_

Birth day MM-DD-YY \_\_\_\_\_ Evening Phone \_\_\_\_\_ Adult Shirt Size \_\_\_\_\_ Little Laker \_\_\_\_\_

Area Code \_\_\_\_\_ S M L XL \_\_\_\_\_ YS YM YL \_\_\_\_\_

In consideration of the opportunity to participate in this event, I release all groups and persons, including the City of Des Moines, Iowa, and the Loop the Lake officials, sponsors, contributors, volunteers, etc. from any and all liability for any injury or damages whatsoever arising from any participation in this event. I also authorize any medical treatment deemed advisable by any licensed physician to relieve any injuries or illness while a participant or observer. I understand that shirt size cannot be guaranteed on race day. I acknowledge that the entry fee is nonrefundable and non-transferable. I certify that I have read this document and agree with its contents.

SIGNATURE (parent or legal guardian if participant is under 18) \_\_\_\_\_

DATE \_\_\_\_\_

	8K Run	Little Laker	
	<input type="checkbox"/>	<input type="checkbox"/>	
Registration Fee (non-refundable):			
\$25	Postmarked by Thursday, March 31	\$ _____	
\$20	Capital Striders Member Postmarked by Thursday, March 31	\$ _____	Striders Membership No. <input type="text"/>
\$35	Packet Pick-up Friday, April 8	\$ _____	
\$40	Race day Saturday, April 9	\$ _____	
	Enclosed <b>TOTAL</b>	\$ _____	

**Make check payable to:** Capital Striders  
**Mail to:** Loop the Lake  
 PO Box 31069  
 Des Moines, IA 50310



Capital Striders  
PO Box 31069  
Des Moines, IA 50310

Non-Profit  
U.S. Postage  
Paid  
Des Moines, IA  
Permit No. 762

Saturday April 9, 2011 ♦ Gray's Lake Park ♦ Des Moines



Saturday ♦ 8:00 A.M.

April 9, 2011

Gray's Lake Park ♦ Des Moines

8K Run ♦ Little Lakers Race

[www.CapitalStriders.org](http://www.CapitalStriders.org)



A Special Thanks to  
Sponsors of  
Loop the Lake:



**SCHEELS**



The 11th annual Capital Striders Loop the Lake run marks the unofficial start of the racing season on Saturday April 9 at 8:00 a.m. at Grays Lake Park, 1026 Fleur Dr. Des Moines IA 50321. The flat and fast 8K race will start at 8:00 a.m. making 2+ laps around the lake. Due to the number of participants and the narrow trail we are not able to accommodate walkers in the event. The Little Lakers race will start at approximately 9:15. Sign up online at [capitalstriders.org](http://capitalstriders.org) or print a form from the website and mail in.