

## Register

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

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

City: \_\_\_\_\_

State: \_\_\_\_\_ Zipcode: \_\_\_\_\_

E-mail: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_

5K run: \_\_\_\_\_ 3K run: \_\_\_\_\_ Walk: \_\_\_\_\_

Donation: \_\_\_\_\_

*\*\$25 donation to the Iowa Heart Foundation qualifies participant for a T-shirt and gift bag.*

T-shirt size (circle size below):

S      M      L      XL      XXL

I recognize the risks associated in any athletic event and hereby waive, release and hold harmless all sponsors, contributors, volunteers and officials associated with the race and event, from any and all liability, claims and rights for damages from injuries growing out of, related to, or arising from participation in the First Annual "Run For Your Life" walk/run. I further certify that I have full knowledge of the risks involved in this event and that I am physically fit to participate. If however, I do require medical attention as a result of my participation in the above mentioned activities, I authorize the medical personnel associated with the said event to provide such medical care as is deemed appropriate by such medical personnel.

Parent or legal guardian: \_\_\_\_\_

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

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

## Sponsors

Abbott Labs

AED Access For All

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Boston Scientific

Bracco Diagnostics, Inc.

Brackett Media & Event Services

Cordis®

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Dahl's® Foods

Iowa Heart Center

Medtronic, Inc.

Mercy Medical Center-Des Moines  
Emergency Services

Mercy Heart Hospital

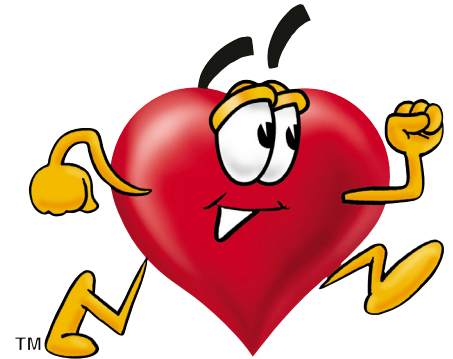
Possis® Medical

St. Jude Medical

Strawberry Patch

First annual

# Run For Your Life



*Help raise awareness about heart disease and its impact on individuals, families and communities*

**Saturday, August 16, 2008**  
Water Works Park  
Des Moines, Iowa

For more information call  
(515) 633-3555 or visit  
[www.aedaccessforall.org/runforyourlife](http://www.aedaccessforall.org/runforyourlife).

## Event

Lace up your tennis shoes and join us for the first annual "Run For Your Life" to be held on August 16, 2008, at Water Works Park in Des Moines, Iowa.

The event aims to raise awareness of heart disease and its impact on individuals, families and communities. The run (3K or 5K) or walk is designed for all fitness levels, whether you are a beginner or a seasoned runner.

The event is open to the public and snacks and a live band will encourage participants throughout the race. Strollers are welcome for the walk portion; however, please do not bring pets.

Proceeds generated from this event have been designated for charitable health care services. A \$25 donation to the Iowa Heart Foundation qualifies participants for a T-shirt and gift bag.

## Packet pick-up

Participants may pick-up their race packets on Friday Aug. 15, from 5:30-8:30 p.m. at Valley West Mall.

If a \$25 donation was made, participants will also receive their gift bag and T-shirt at this time.

## Schedule of events

7:30 a.m. Check-in  
8 a.m. Run begins  
8:10 a.m. Walk begins

*Entertainment and prize drawing will be held following the race.*

## Directions

Water Works Park is located on the southwest side of downtown Des Moines. The park entrance is located on Fleur Drive, directly across from Gray's Lake. Parking is available on-site. For more detailed information, please contact the Iowa Heart Foundation at (515) 633-3555.

## Course map

The course was designed by Steve Bobenhouse of Fitness Sports West, 7230 University Ave, Des Moines, Iowa.

## Contact us

For additional information regarding the race, please contact the Iowa Heart Center Foundation.

Kim Oswald  
The Iowa Heart Foundation  
"Run For Your Life"  
5880 University Ave., Suite 101  
West Des Moines, IA 50266  
(515) 633-3555  
(515) 246-4488  
[www.iowaheartfoundation.org](http://www.iowaheartfoundation.org)

## Registration

Registration may be completed by mail or online.

Please complete and mail the attached registration form to:

The Iowa Heart Foundation  
"Run For Your Life"  
5880 University Avenue, Suite 101  
West Des Moines, IA 50266

To register online, visit  
[www.aedaccessforall.org/runforyourlife](http://www.aedaccessforall.org/runforyourlife).

Before returning the registration form, please remember to:

- Sign the liability release form
- Indicate the race you are entering

A \$25 donation qualifies participants for a gift bag and T-shirt. Participants will also be eligible for prize drawings.

**Pre-registration is required and must be completed by August 1 to receive a T-shirt.**