

our sponsors

rose



platinum



David & Heather Laubenthal

gold



Anonymous



Johnathan & Kathleen Wendel



silver



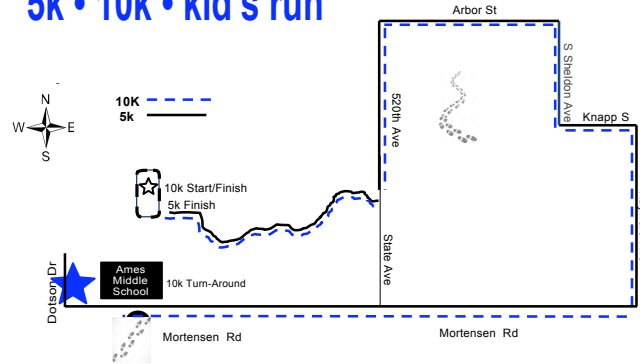
Tim Gartin



bronze



5k • 10k • kid's run



the race course

5k Run and Walk:

Begins at the west entrance of Ames Middle School and finishes at the track North of the School

10K Run:

Begins and ends at the track behind the middle school. This is an out and back route which turns around near the middle school.

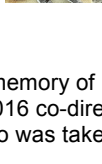
meet you



Torii Barnett is a junior studying criminal justice



Marnie Euken is a junior studying biology



Mackenzie Paris is a graduate who is student teaching

Sunday, October 7
Ames Middle School
3915 Mortensen I

In loving memory of Mia Guion, a sister and the 2016 co-director of Run For The Roses who was taken from us too soon.

32nd Annual

AOII & AARC

RUN FOR THE ROSES



Culligan.
better water. pure and simple.



Entry Fees

By Sept. 30th

- \$6.00 (Kid's Run)
- \$20.00 (students)
- \$20.00 (AARC Member)
- \$15.00 (ROTC/Military)
- \$25.00 (all others)

Oct. 1st - OCT. 6th

- \$30.00 (all entries)
- ON RACE DAY**
- \$35.00 (all entries)
- \$5.00 Breakfast only

Registration

REGISTER ONLINE AT:

www.GetMeRegistered.com/RunfortheRoses

**SEND
ENTRY
FORM
TO:**

Ames Area Running Club
P.O. Box 266, Ames, IA 50010

A Run Local Event

Our Story

Since Alpha Omicron Pi's founding at Iowa State in 1987, AOII and Ames Area Running Club, have contributed over \$285,000 to arthritis research grants. These grants fund research that we hope will one day, lead to a cure for arthritis. They provide grants to major universities and research institutes across America through their partnership with the AOII Foundation and Arthritis Foundation. Through the past 32 years of working with the Ames Area Running Club, our passion for raising awareness for Arthritis has grown thanks to our sponsors and race participants. We thank you for your participation in helping us make a difference!

Awards & Prizes

- Custom designed medals are awarded to the top 3 male and female finishers in five year age divisions from age 13 and under through age 90+ in the 5k and 10k runs
- A custom designed medal and one dozen red roses are awarded to the overall male and female finishers in the 5k and 10k runs

- long sleeve t-shirt
- red rose
- omelet breakfast
- door prizes
- silent auction

Please read carefully and fill in all information. Please print clearly. Do not mail entries after Sept. 30. Entry fee is nonrefundable. One entry form per person. Make check payable to RUN FOR THE ROSES.

FIRST NAME

ZIP

STATE

PHONE

BIRTHDATE

\$5.00 breakfast guest

\$6.00 Kid's run w/ t-shirt, breakfast

\$15.00 ROTC/Military

\$20.00 (student) by Sept. 30

\$20.00 (AARC Member) by Sept. 30

\$25.00 (all others) postmarked by Sept. 30

\$.30.00 by Oct. 1 - Oct. 6

Kid's Run FREE unless T-Shirt / Breakfast

5K

5K WALK

Race day schedule

Sunday October 7th - Ames Middle School
 3915 Mortensen Rd
 7:30-9:30 AM Race Day Registration & Packet Pick-up
 9:00 AM 5k Race/Walk

• Custom Designed medals are awarded to the top three male and female finishers in five year age divisions from age 13 and under through age 90+ in the 5k and 10k runs.

- door prizes
- silent auction

AGE ON 10/07/1

Don't forget to bring your old running shoes to donate to Soles 4 Souls. For more information visit soles4souls.org

9:30 AM Breakfast begins & Kid's Fun
 Run 10:00 AM 10k Race

Age Divisions

isuaoiiphilanthropy@gmail.com

13 and under (5k only)	35-39	65-69
14-19 (5k only)	40-44	70-74
19 and under (10k only)	45-49	75-79
20-24	50-54	80-84
25-29	55-59	85-89

LAST NAME
 ADDRESS

Y : Female
 AIL

RACE (CIRCLE ONE): 10K
 T-SHIRT (YOUTH) YM YL (ADULT) S M L XL XXL
 KID'S FUN RUN

In consideration of acceptance of this entry, I, intending to be legally bound hereby, for myself, my heirs, executors, and administrators, waive and release any and all right and claims for damages I may have or that may hereafter accrue to me against all sponsors, supporters and officials associated with the Run for the Roses, Iowa