

**Course:**

The Earth Day in the Junction 5K course starts and finishes in the 200 block of 5th Street, Historic Valley Junction, in WDM. The 3.1 mile route includes Holiday Park.

The Kids Fun Run will take place in the 200 block of 5th Street, Historic Valley Junction, in WDM.

After-care for the run will be provided by Millennium Therapy and Body Center Therapeutic Massage.

**Registration Online:**

Online registration is available through [www.runningroom.com](http://www.runningroom.com).

**Please note that online registration closes Monday, April 12, 2010.**

**Registration by Mail or In Person:**

Send a check, made out to Historic Valley Junction Foundation, along with a completed registration form to:

Historic Valley Junction  
c/o Earth Day in the Junction 5K  
217 5th Street  
West Des Moines, IA 50265

All mailed forms MUST be post-marked by Monday, April 12, 2010.

**Registration on Earth Day:**

On site registration on Sunday, April 18th will be in the 200 block of 5th Street in Valley Junction between 8:30 and 9:30am.

Cost is \$25 if registering after Monday, April 12, 2010.

----- **Green/Hosting Sponsors** -----



----- **Gold Sponsors** -----



----- **Silver Sponsors** -----

**Rasmussen Bike Shop**  
**West Des Moines Water Works**  
**Wright Outdoor Solutions**

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**EARTH DAY**  
IN THE JUNCTION  
VALLEY JUNCTION \* WEST DES MOINES, IA

**5K RUN  
WALK**

**SUNDAY, APRIL 18  
VALLEY JUNCTION  
WEST DES MOINES, IA**

**SCHEDULE**

5K Run/Walk ..... 10 am  
Exhibits ..... 10 am-4 pm  
Children's Fun Run ..... 11 am  
MPG Challenge ..... 11 am  
Live Music..... 10 am-4 pm

[www.earthdayinthejunction.com](http://www.earthdayinthejunction.com)

## Registration Fees:

- Earth Day in the Junction 5K  
\$20 registration by April 12, 2010  
\$25 registration after April 12, 2010
- Kids Fun Run  
\$10 kids ages 10 and younger



## Packet Pick-up

Will be at the WDM Community Center, Historic Valley Junction, 217 5th Street on Saturday, April 17, 2010 from 9:00 am to 2:00 pm.

In the spirit of Earth Day, all participants will receive an Earth Day in the Junction organic cotton t-shirt (if registered by Monday, April 12, 2010), a reusable water bottle, and an heirloom tomato plant.

## Awards:

A \$50 gift certificate to The Running Room will be awarded to the overall male and female finisher of the 5K run.

The top two male and female finishers in each of the ten-year-deep age groups (younger than 20, 20-29, 30-39, 40-49, 50-59, 60 and over) will be awarded gift certificates to shops in Historic Valley Junction.

## Volunteering and More Info:

For information on volunteer opportunities for the event, contact the Historic Valley Junction office at (515) 222-3642 or office@valleyjunction.com.

## Registration Form:

(Please Print)

### Event:

\_\_\_ 5K Run/Walk    \_\_\_ Kids Fun Run

First Name:

Last Name:

Age:

Gender: M / F

Address:

City:

State/ZIP:

Daytime Phone: (     )    —

Evening Phone: (     )    —

Email:

### T-Shirt Size:

Youth: \_\_\_ S \_\_\_ M \_\_\_ L

Adult:

Mens/Womens Style:

\_\_\_ S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ 2XL

## Waiver:

Required by Signature

I am entering this run medically able and properly trained.

I agree to abide by any decision of a race official relative to my ability to safely complete the event.

I assume all risks associated with this event including but not limited to falls, contact with other participants, effects of weather, traffic conditions and road conditions.

Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release of Earth Day in the Junction, race officials and organizers, sponsors, the City of West Des Moines and its employees and all supporters, contractors, their representatives and successors from all claims or liabilities of any kind arising from my participation in this event.

I even know that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I grant permission to all foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

I have read and understand the rules set forth by Earth Day in the Junction pertaining to organized running and I agree to abide by them.

Signature of Applicant

Date

Signature of Legal Guardian if Under 18

Date