

## Registration Fees:

Earth Day in the Junction 5K

- \$20 registration by April 2, 2011
- \$25 on race day

Kids Fun Run

- \$10 kids ages 10 and younger

## Schedule:

5K Run/Walk	11 am
Exhibits	10 am - 4 pm
Children's Fun Run	12 pm
MPG Challenge	10 am
Live Music	10 am-4 pm

## Packet Pick-up:

Packet Pick-up will be on Sunday, April 17 in the 200 block of 5th Street in Valley Junction from 9 am – 10:30 am only.

All participants who have registered prior to Saturday, April 2, 2011 will receive an Earth Day in the Junction organic cotton t-shirt. All participants will receive a waterbottle at the finish line.

## Awards:

A \$50 gift certificate to Fitness Sports 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 more 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:

Address:

City:

State/ZIP:

Gender: M / F

Age:

Daytime Phone: (    )                      -

Evening Phone: (    )                      -

Email:

### T-Shirt Size: (circle)

Youth: S    M    L

Mens: S    M    L    XL    2XL

Womens: 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 EarthDay 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, recording 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:

## 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.

## Registration Online:

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

Please note that online registration closes Monday, April 11, 2011.

## 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 entry forms MUST be post-marked by Monday, April 11, 2011.

## Registration on Earth Day:

On site registration on Sunday, April 17 will be in the 200 block of 5th Street in Valley Junction from 9 am – 10:30 am.

Cost is \$25 if registering after Monday, April 2, 2011.



## Sponsors:

### Green Level:

City of West Des Moines  
Center On Sustainable Communities  
Capital 106.3  
Fair World Gallery  
Greater Des Moines Habitat for Humanity ReStore  
Historic Valley Junction Foundation  
Polk County Conservation

### Gold Level:

Body Center Therapeutic Massage  
Hy-Vee on Grand  
MidAmerican Energy  
Toyota of Des Moines

### Silver Level:

Des Moines Regional Transit Authority  
Engler Embroidery  
Rasmussen Bike Shop

**RUN & WALK**  
**SUNDAY, APRIL 17, 2011**  
**VALLEY JUNCTION**  
**WEST DES MOINES, IA**