



Saturday ♦ 8:00 A.M.
April 10, 2010

Gray's Lake Park ♦ Des Moines

8K Run ♦ Little Lakers Race

www.CapitalStriders.org

DATE AND TIME

Saturday, April 10: 8:00 a.m. 8K race
 9:15 a.m. Little Lakers Race

ENTRY FEES

Online at www.capitalstriders.org
 \$20 – Members (with current membership number) through 4/7
 \$25 – Non-Members through 4/7

Mail Entries (Postmarked by April 1 !)

\$20 – Members (with current membership number) through 4/1
 \$25 – Non-Members

DO NOT MAIL AFTER APRIL 1!

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

NO ENTRY FEE REFUNDS

PACKET PICKUP

4:00 - 6:30 p.m., Friday, April 9, at Raccoon River Brewing Company
 (corner of 10th St. and Mulberry St.)
 6:30 - 7:30 a.m., Saturday, April 10 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. Free T-shirts for the first 50 registrants. Ribbons for all participants.

PARTICIPANTS RECEIVE

Race shirt to the first 500 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 by Sunday, April 11.



Entry Form

Saturday, April 10, 2010, 8:00 a.m.

Save Time - Sign up

Online at www.capitalstriders.org

Last Name _____ First Name _____ Age on 4/4/10 _____ M/F _____

Mailing Address (include Apt. No.) _____

City _____ State _____ Zip Code _____

E-mail address _____

Birthday 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, April 1	\$ _____
\$20	Capital Striders Member Postmarked by Thursday, April 1	\$ _____
	Striders Membership No.	<input type="text"/>
\$35	Packet Pick-up Friday, April 9	\$ _____
\$35	Race day Saturday, April 10	\$ _____
	Enclosed TOTAL	\$ _____

Make check payable to: Capital Striders

Mail to: Loop the Lake
 PO Box 31069
 Des Moines, IA 50310