

our sponsors

rose

Dr. Steve & Kathy Vince

platinum

David & Heather Laubenthal



gold



Anonymous



Johnathan & Kathleen Wendel



silver



Tim Gartin



bronze

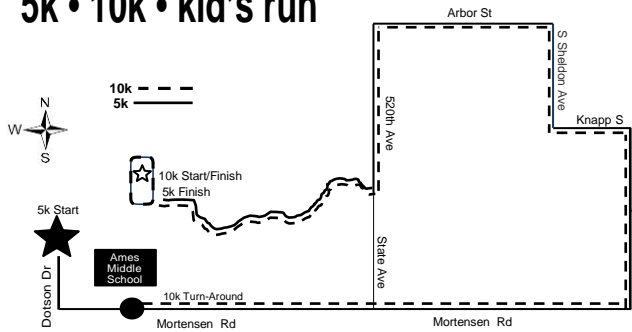


better water. pure and simple.



the race course

5k • 10k • kid's run



our philanthropy

Did you know that Arthritis refers to more than 100 diseases and conditions affecting the joints? It is the most prevalent chronic disease in the US with 23% of all adults living with it and medical costs of \$81 billion dollars annually.

Since Alpha Omicron Pi was established at Iowa State in 1987, together with the Ames Area Running Club, we have raised over \$260,000 for AOI's international philanthropy, Arthritis. The AOII Foundation, serving as AOI's philanthropic arm, oversees the process by which grants are made to our philanthropic partners: the Arthritis Foundation and its sister organization, CARRA. The AOII Foundation funds programs and research that seek to improve the lives of all those affected by this devastating disease. In the past two years, more than \$1 million dollars have been granted by the AOII Foundation to the Arthritis Foundation and its partner organizations, thanks to events like Run for the Roses.

Through the past 31 years of working with the Ames Area Running Club, our passion for raising awareness has continued to grow with the help of our sponsors and race participants. We thank you for your participation in helping us make a difference in the lives of those with Arthritis!

meet your director



Maggie Horrigan

- **Major:** Dietetics
- **Hometown:** Waterloo, Iowa
- **Fun Fact:** Studied abroad in US Virgin Islands
- **Favorite Movie:** The Avengers

Alpha Omicron Pi
&

Ames Area Running Club

present



Sunday, October 8th
Ames Middle School
3915 Mortensen Road

Benefitting the Arthritis
Foundation

Dogs Welcome!

Entry fees

By Sept. 30th

\$20.00 (students)
 \$20.00 (AARC Member)
 \$15.00 (ROTC/Military)
 \$25.00 (all others)

Oct. 1st - OCT. 7th

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

Flat Rate

\$6.00 Kids Race

registration

REGISTER ONLINE UNTIL OCT 7th AT 5PM:

www.GetMeRegistered.com/RunfortheRoses

A Run Local Event

SEND ENTRY FORM TO:

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

**ISU Students, Faculty and Staff: Register on Access Plus
 Until Oct 6th at Noon**

Race day schedule

Sunday October 8th - Ames Middle School
 3915 Mortensen Rd

7:30-9:30 AM Race Day Registration & Packet Pick-up
 9:00 AM 5k Race/Walk

9:30 AM Breakfast begins & Kid's Fun Run

10:00 AM 10k Race

Age categories

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
30-34	60-64	90+

soles4souls

Help us make a difference by donating your old running shoes!



Soles4Souls was founded in 2006, and since then, has distributed 26 million pairs of shoes in 127 countries worldwide. Without adequate shoes, people can get diseases such as hookworm, threadworm, and more. These diseases can prevent children from getting an education which continues the cycle of poverty. Not only do shoes improve health and education, but they also improve employment and confidence, which contributes to economic development. Help us help them by bringing your old running shoes and placing them in collection boxes on race day!

Awards & Gifts

- 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

Race Registration comes with:

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

- A custom designed medal and one dozen red roses are awarded to the overall male and female finishers in the 5k and 10k runs

Kids Race Registration comes with

- t-shirt
- omelet breakfast

Questions?

Roman Lynch

(515) 231-9995
romanlynch@mchsi.com

Don Muff

(515) 292-2725
donjmuff@hotmail.com

isuaoiiphilanthropy@gmail.com

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 _____

LAST NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

MALE _____
 FEMALE _____
 E-MAIL _____

BIRTHDATE _____

PHONE _____

_____ \$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. 7

_____ \$35.00 Race Day

_____ \$2.00 extra for XXL shirt

_____ Donation to Arthritis Research Grants

_____ Total Enclosed

AGE ON 10/08/17 _____

STATE _____

BIRTHDATE _____

PHONE _____

Kid's Run FREE unless T-Shirt / Breakfast

10K 5K 5K WALK KID'S FUN RUN

YM YL (ADULT) S M L XL XXL

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 State University their representatives, successors, and assigns for any injuries incurred by me during, because of, or in travel to or from Run for the Roses.

Date _____

Signature _____

(If participant is under 18, parent or guardian must sign.)