

# our sponsors

## rose



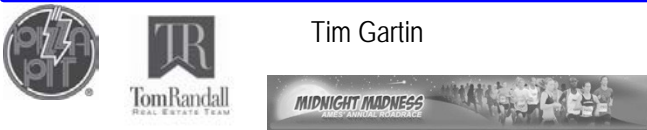
## platinum



## gold



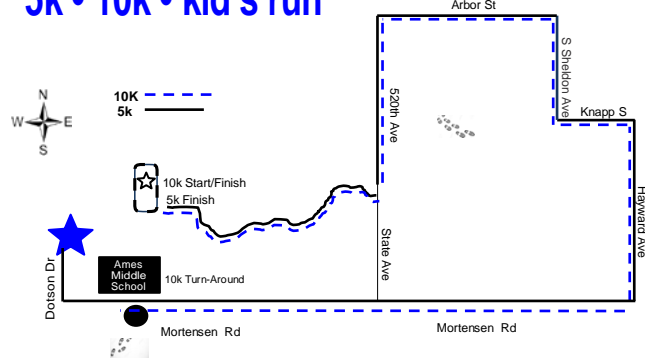
## silver



## 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 your directors



Torii Barnett is a junior studying criminal justice



Marnie Euken is a junior studying biology



Mackenzie Paris is a graduate who is student teaching



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.

AOII & AARC

32<sup>nd</sup> Annual

# RUN FOR THE ROSES

Sunday, October 7<sup>th</sup>  
Ames Middle School  
3915 Mortensen Road

Benefitting Arthritis  
Research Grants

## Entry Fees

By Sept. 30 <sup>th</sup>	Oct. 1 <sup>st</sup> - OCT. 6 <sup>th</sup>
\$6.00 (Kid's Run)	\$30.00 (all entries)
\$20.00 (students)	ON RACE DAY
\$20.00 (AARC Member)	\$35.00 (all entries)
\$15.00 (ROTC/Military)	\$5.00 Breakfast only
\$25.00 (all others)	

## Registration

REGISTER ONLINE AT:  
[www.GetMeRegistered.com/RunfortheRoses](http://www.GetMeRegistered.com/RunfortheRoses)

SEND  
 ENTRY  
 FORM TO:  
 Ames Area Running Club  
 P.O. Box 266, Ames, IA 50010

A Run Local Event

## Race day schedule

Sunday October 7<sup>th</sup> - 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 Divisions

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+

## 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
  - 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

## Questions?

Roman Lynch (515) 231-9995 romanlynch@mchsi.com isuaoiiphilanthropy@gmail.com	Don Muff (515) 292-2725 donjmuff@hotmail.com
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Don't forget to bring your old running shoes to donate to Soles 4 Souls. For more information visit [soles4souls.org](http://soles4souls.org)

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.

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 MALE \_\_\_\_\_ Female \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ PHONE \_\_\_\_\_  
 E-MAIL \_\_\_\_\_

RACE (CIRCLE ONE): 10K 5K 5K WALK KID'S FUN RUN  
 T-SHIRT (YOUTH) YM YL (ADULT) S M L XL XXL  
 Kid's Run FREE unless T-Shirt / Breakfast  
 \$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  
 \$35.00 Race Day  
 \$2.00 extra for XXL shirt  
 Donation to Arthritis Research Grants

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. )

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