

Our Sponsors

ROSE



Anonymous

PLATINUM



GOLD



SILVER



Tim Gartin

Roman and Lynn Lynch

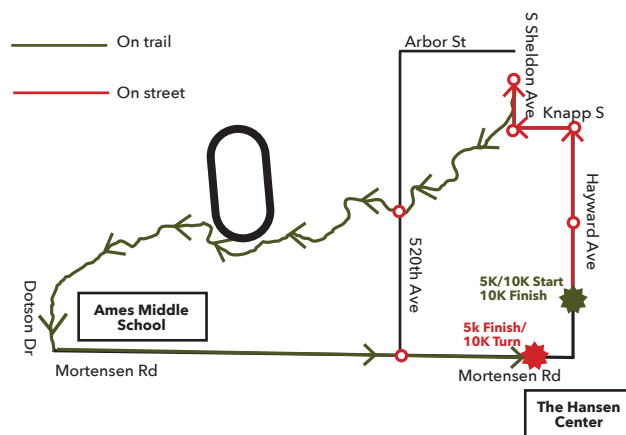


Kathleen & Jonathan Wendel

BRONZE



5K • 10K • Kid's Run

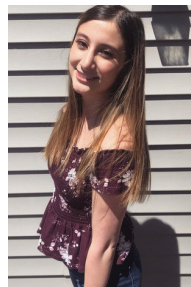


The Race Course

5K Run and Walk: Begins on Hayward Ave. directly west of the Wilson Residence Hall and ends on Mortensen Road.

10K Run: Begins and ends on Hayward Ave. directly west of the Wilson Residence Hall. This is an out and back route which turns around on Mortensen Road.

Meet Your AOPI Director



Zayna Bardawil
Junior - Marketing & Management



5K/10K
to benefit Arthritis Research

Sunday, October 17th, 2021
ISU Hansen Center
2508 Mortensen Road

Questions?

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Entry Fees

By Oct. 10th	Oct. 11th-Oct. 16th
\$6 (Kid's Run)	\$35 (all entries)
\$25 (Students)	
\$25 (AARC Mem.)	ON RACE DAY
\$20 (ROTC/Military)	\$40 (all entries)
\$30 (all others)	\$5 Breakfast only

Registration

REGISTER ONLINE UNTIL OCT. 16TH AT NOON:
www.GetMeRegistered.com/RunfortheRoses

ISU STUDENTS, FACULTY AND STAFF
 REGISTER ONLINE AT:

<http://bit.ly/runfortheroses2021>

OR

SEND ENTRY FORM TO:

Ames Area Running Club
 2933 Monroe Dr., Ames, IA 50010

Race Day Schedule

Sunday, October 17th
 ISU Hansen Center
 2508 Mortensen Road

- 7:30-9:30AM : Race Day Registration/Packet Pick-up
- 9:00AM : 5K Race/Walk
- 9:30AM : Breakfast Begins & Kid's Fun Run
- 10:00AM : 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 the inagural year in 1987, Alpha Omicron Pi and Ames Area Running Club have contributed over \$334,000 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 all over America through their partnership with the AOII Foundation and Arthritis Foundation. Through the past 35 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
- A custom designed medal and one dozen red roses are awarded to the overall male and female finishers in the 5K and 10K runs

ALL ENTRANTS RECEIVE:

- Long sleeve t-shirt
- Red rose
- Omelet breakfast
- Door prizes
- Silent auction

Don't forget to bring your old running shoes to donate to Soles 4 Souls.
 For more information visit: soles4souls.org

Please read carefully and fill in all information. Please print clearly. Do not mail entries after October 13th. Entry fee is nonrefundable. One entry form per person. Make check payable to RUN FOR THE ROSES.

Last Name _____ First Name _____
 Address _____ Zip _____
 City _____ State _____ Birthdate _____ Phone _____
 Male _____ Female _____ Age on 10/17/21 _____

Kid's Run FREE unless registering for a T-Shirt and Breakfast.

Race (Circle one): 10K 5K 5K Walk Kid's Fun Run
 T-Shirt (Youth): YM YL (Adult) S M L XL XXL

- _____ \$5.00 Breakfast Guest
- _____ \$6.00 Kid's Run
- _____ \$20.00 ROTC/Military
- _____ \$25.00 Student
- _____ \$25.00 AARC Member
- _____ \$30.00 All Others
- _____ \$35.00 All by Oct. 11th-16th
- _____ \$40.00 Race Day
- _____ \$2.00 extra for XXL Shirt
- _____ Donation to Arthritis Research Grants
- _____ TOTAL ENCLOSED

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)