

our sponsors

rose

Dr. Steve & Kathy Vince

platinum



Where You Have the Right to B - FIT
FitnessSports
www.fitnesssports.com

gold

Anonymous



Jonathan & Kathleen Wendel



NORTHWEST GREENHOUSE & FLORAL INC.

silver



bronze



Culligan
better water, pure and simple.

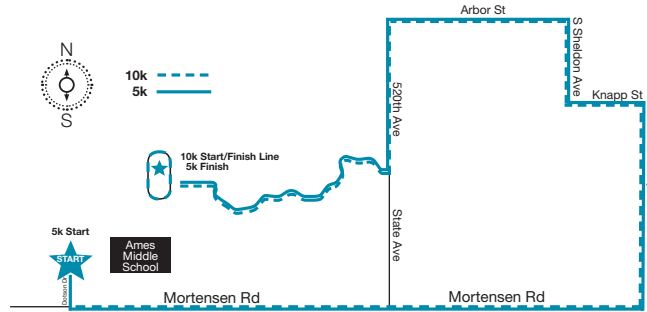


O'Donnell **ACE** Hardware



run for the roses

5k • 10k • kid's run



the 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 CyRide turn around in front of the Middle School.

our philanthropy



our directors
Michelle Miller & Anna Krug

Since the inaugural year in 1987, Alpha Omicron Pi and the Ames Area Running Club have contributed \$186,000 to the Arthritis Foundation for research grants. There are no administrative costs. Alpha Omicron Pi's official philanthropy is Arthritis Research.

Through the years working with the Ames Area Running Club, our passion for raising awareness has grown with the help of our sponsors and race participants. We thank you for your participation in helping us make a difference and raise Arthritis awareness so the research may continue!



28th annual
run for the roses
5k • 10k • kid's run
benefiting the
arthritis
foundation
alpha omicron pi &
ames area running club
october 5, 2014
ames middle school
3915 mortensen road

a run local event

entry fee

BY SEPT. 29th

- \$20.00 (students)
- \$20.00 (AARC/Team Vardo members)
- \$25.00 (all others)

BY OCT. 4th

- \$30.00 (all entries)
- \$6.00 Kids Fun Run (Includes t-shirt & breakfast)
- FREE Kids Fun Run

ON RACE DAY

- \$35.00 (all entries)
- \$5.00 Breakfast only



run for the roses

28th annual
benefitting the arthritis foundation



registration

REGISTER ONLINE AT: www.GetMeRegistered.com/
RunfortheRoses

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



ISU Students, Faculty and Staff Register on Access Plus

agedivisions

13 and under (5k only)	35-39	65-69
14-19 (5k only)	40-44	70-79
19 and under (10k only)	45-49	80-84
20-24	50-54	85-89
25-29	55-59	90+
30-34	60-64	

awards

- A Custom Designed medal and One Dozen Red Roses are awarded to the first overall male and female finishers in the 5k and 10k runs.
- Custom Designed medals are awarded to the top three male and female finishers in five year age divisions from age 13 and under through age 90+ in the 5k and 10k runs.

prizes

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

eventschedule

Sunday Oct. 5 - Ames Middle School
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 Runs - at the track
10:00 AM 10k Race

OMELET BREAKFAST:

Your race number is your breakfast ticket; guest tickets are \$5 each.



Questions?

Roman Lynch

(515) 231-9995

romanlynch@mchsi.com

Don Muff

(515) 292-2725

donjmuff@hotmail.com

isuaoiiphilanthropy@gmail.com



ALPHA OMICRON PI & AMES AREA RUNNING CLUB



Please read carefully and fill in all information. Please print clearly. Do not mail entries after Oct. 2. 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 _____ BIRTHDATE _____ PHONE _____

E-MAIL _____

RACE (CIRCLE ONE): 10K 5K 5K WALK KID'S FUN RUN

T-SHIRT (YOUTH) M L (ADULT) S M L XL XXL

\$5.00 breakfast guest

\$6.00 Kid's run w/ t-shirt, breakfast

\$20.00 (student) by Sept. 29

\$20.00 (AARC/Vardo members) by Sept. 29

\$25.00 (all others) postmarked by Sept. 29

\$30.00 by Sept. 29 - Oct. 4

\$35.00 Race Day

\$1.00 extra for XXL shirt

Donation to Arthritis Research Grants

Total enclosed

Kid's Run FREE unless T-Shirt / Breakfast

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 claim 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.)