

Run for the EGG 2010

Saturday, April 3rd

Easter Lake on Easter Weekend

Des Moines, IA

Schedule of Events

8 a.m. – Registration & Packet Pick-up

@ *Beach Parking Lot*, 2883 E. Watrous

9 a.m. – 5 mile run/walk begins

10 a.m. – Youth activities/
Kids Fun Run

10:30 a.m. – Awards Ceremony

Registration Fees

\$20 – Before March 26

(includes t-shirt)

\$30 – After March 26 & up to race day

Kids Run & Activities are FREE

Age Groups

14 & under 30-39 60 & over

15 – 18 40-49

19 – 29 50-59

Course

Cross-country, multi-surface trail loop

Start and finish at same location

No pets, roller blades, baby joggers & bikes

Awards

The overall winners in the male/female category will receive authentic eggs:

1st place – Ostrich, 2nd place- Emu,

3rd place – Rhea

Medals will also be given for the top three finishers in each age group.

Post Race

Enjoy food & refreshments donated by our sponsors. Race results will be posted on www.leadingyououtdoors.org



Registration

Online at www.mycountyparks.com or

Mail the completed form with fee.

Pre-registrants are guaranteed a race t-shirt.

Late registrants receive a t-shirt **if** available.

Packet Pick Up

Packets/t-shirts can be picked up in advance in the

Polk County Administration Building Lobby (111 Court Ave. Des Moines) from Noon – 4 p.m. on

Friday, April 2

*Race day packet pickup starts at 8 a.m.

Parking

Free parking at Easter Lake beach

(2883 E. Watrous, Des Moines, IA 50320)

More information

Lori Foresman-Kirpes, 515-323-5380

lori.kirpes@polkcountyia.gov



Thanks to our Race Sponsors!



Wellness Team

No individual with a disability will be excluded on the basis of a disability from participation in programs and activities conducted by Polk County Conservation.

Run for the Egg 5 mile Run/Walk Entry Form Run ___ Walk ___ (check)

Name (Last/First) _____ Gender **M** **F** (circle one)
Age on 4/03/10 _____
Address _____
City _____ State _____ Zip _____
Day Telephone _____ Email _____
Signature _____ Date _____
(Signature of parent or guardian required if participant is under 18)

Waiver- I know that participating in a 5 mile race is potentially dangerous. I will not enter and run/walk unless I am medically able and properly trained. I assume all risks associated with doing this event. Included but not limited to: falls, contact with other entrants, effects of weather, traffic and road or trail conditions, all such risks being known and appreciated by me. Having read this waiver and understanding it, I agree not to hold Polk County Conservation Board, Polk County (its elected officials, employees, agents, and assigns), City of Des Moines, event sponsors, organizers, and volunteers associated with the event from all claims or liabilities of any kind arising from my participation. I give permission for the free use of my name and picture in any promotion, broadcast, or print media account of this event.

Adult Shirt Size (circle one)
S M L XL XXL
Registration by 3/26/10: \$20
After 3/26/10: \$30

Register online at
www.mycountyparks.com

or

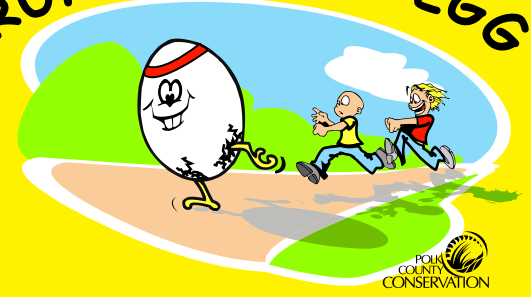
Make checks payable to:
Polk County Conservation

Mail form & check to:

Run for the Egg
c/o Polk County Conservation
11407 NW Jester Park Dr.
Granger, IA 50109-9675

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RUN FOR THE EGG



Easter Lake ON Easter Weekend

Saturday, April 3, 2010

8:00 - 11:00 a.m.
Easter Lake Park
Des Moines, IA

5 Mile Cross-Country Run/
Walk & Kids Fun Run
\$20/person

Hosted by
Polk County Conservation
www.leadingyououtdoors.org

515.323.5300