

Registration

5k Run \$15 per registrant
Family Walk \$15 per family

Registration for both the 5k Run and Family walk include one t-shirt, water, and live entertainment throughout the event featuring Danny Grause (www.dannygrause.com).

First 100 registrants will receive a gift bag.

If you would like an additional t-shirt, please fill out an additional registration form and submit with an additional \$15.

Race Day Check -In

Check-in begins at 6:00p. Race begins at **6:30p.** Family Walk begins at **6:30p** also.

Please feel free to bring a **non-perishable food donation** to be donated to ACCESS, the local advocacy center/shelter for survivors of domestic violence and sexual abuse.

Moore Memorial Park
 3050 Northridge Parkway

Parking is available in the lot at the end of Northridge Parkway off 24th Street in North Ames.

THANK YOU

Thanks to all the individuals and member agencies and ISU departments who have worked toward making this event happen! Also, thanks to Ames Parks and Recreation for allowing us to use their space. Sponsors and contributors will be recognized on our t-shirt.

**Please submit all registration forms by
 Monday, April 19, 2010**

RACE FOR SAFETY

**Race begins at 6:30 pm
 Thursday April 29, 2010
 Moore Park, Ames, IA**

Domestic Violence Awareness 5k Run and Family Walk

5k Run Registration (\$15)

Name _____
 Address _____ City _____ State _____ Zip _____
 Email _____
 Birth Date: ____/____/____ Adult Shirt Size (*circle one*) : S M L XL XXL
 Age on Apr. 29, 2010: _____ Sex: Male Female Phone (____) _____

Family Walk Registration (\$15/family)

Parent/Guardian _____
 Address _____ City _____ State _____ Zip _____
 Email _____ Phone (____) _____
 Birth Date: ____/____/____ Age on Apr. 29, 2010: _____ Sex: Male Female

Child _____	Age _____	Child _____	Age _____
Child _____	Age _____	Child _____	Age _____
Child _____	Age _____	Child _____	Age _____
Child _____	Age _____	Child _____	Age _____

Adult Shirt Size (*circle one*) : S M L XL XXL

Waiver

In consideration of acceptance of this entry I, intending to be legally bound, hereby for myself, dependants, and administrators, waive and release any and all right and claim for damages I or may have or that may hereafter occur to me against the City of Ames, the Ames Department of Parks and Recreation, member agencies and individuals of the Story County Coalition Against Domestic Violence, and all sponsors, contributors, supporters and officials associated with Race to Safety, their representatives, successors and assigns for injuries incurred by me during, because of, in travel to or from Race to Safety.

Signature _____ Date _____

Payment and Registration Submission

MAKE CHECKS PAYABLE TO: SCCADV

Mail to: Race for Safety, PO BOX 1429, Ames, IA 50014

Drop off: Race for Safety, ATTN: Maureen McCarten
 Story County Department of Human Services
 126 S. Kellogg, Suite 101 Ames, 50010