

Course:

- The Earth Day in the Junction 5K course starts and finishes in front of the Theatrical Shop, on 5th Street, in Historic Valley Junction. The 3.1 mile route includes Holiday Park.
- The Kids Fun Run will take place in front of the Theatrical Shop, on 5th Street, in Historic Valley Junction.
- After-care for the run will be provided by Millennium Therapy.

Registration Online:

- Online registration is available through Active.com by visiting www.earthdayinthejunction.org. Please note that online registration closes Monday, April 14, 2008.

Registration by Mail or In Person:

- Send a check, made out to Historic Valley Junction Foundation, along with a completed registration form to:

Historic Valley Junction Foundation
c/o Earth Day in the Junction 5K
217 Fifth Street
West Des Moines, IA 50265

All mailed forms MUST be post-marked by Monday, April 14, 2008.

Registration on Earth Day:

Visit Historic Valley Junction Foundation office to sign up for the Earth Day in the Junction 5K on Sunday, April 20, 2008, starting at 8:00 am. Cost is \$25 if registering after Monday, April 14th.

--- Green/Hosting Sponsors ---



----- Gold Sponsors -----



----- Silver Sponsors -----

Campbell's Nutrition
Hy-Vee on Grand
Iowa State Bank
Rasmussen Bike Shop
Wright Outdoor Solutions

3rd Annual EARTH DAY IN THE JUNCTION

5K RUN/WALK

Sunday, April 20, 2008

- 9:00 am - 5K Run/Walk
- 10:00 am - Kids Fun Run (youth ages 10 and younger)
- 10:00 am - 3:00 pm – Free Family-Friendly Event
- 10:30 am - Hybrid Car MPG Competition

(515) 222-3642

www.earthdayinthejunction.org

Proceeds support the Low-Income Green Demonstration Home Projects in Des Moines and West Des Moines

Registration Fees:

- Earth Day in the Junction 5K –
\$20 registration by April 14, 2008
\$25 registration after April 14th
- Kids Fun Run –
\$10 kids ages 10 and younger

Packet Pick-up at the Historic Valley Junction Office – 217 5th St.

- April 19, 2008 - 10:00am to 3:00pm
- April 20, 2008 - 8:00 am to 8:45am

In the spirit of Earth Day, all participants receive an Earth Day in the Junction organic cotton t-shirt, a 2-3' native oak sapling, and a reusable water bottle.

Awards:

- A \$25 gift certificate to Wright Outdoor Solutions will be awarded for the overall male and female finisher of the 5k run.
- The top two male and female finishers in each of the ten-year-deep age groups (younger than 20, 20-29, 30-39, 40-49, 50-59, 60 and over) will be awarded gift certificates to Wright Outdoor Solutions and shops in Historic Valley Junction.

Volunteering and More Info:

- For information on volunteer opportunities for the event, contact the Historic Valley Junction office at (515) 222-3642.

REGISTRATION (Please Print)

Event:

___ 5K Run/Walk ___ Kids Fun Run

First Name: _____

Last Name: _____

Address: _____

City: _____

State/ZIP: _____

Gender: M / F Age: _____

Daytime phone: _____

Evening phone: _____

Email: _____

T-Shirt Size:

Youth: ___8 ___10 ___12

Adult: ___S ___M ___L ___XL

WAIVER: Required by Signature

I am entering this run medically able and properly trained.

I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with this event

including but not limited to falls, contact with other participants, effects of weather, traffic conditions and road conditions.

Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release of Earth Day in the Junction, race officials and organizers, sponsors, the City of West Des Moines and its employees and all supporters, contractors, their

representatives and successors from all claims or liabilities of any kind arising from my participation in this event.

I even know that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I grant permission to all foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

I have read and understand the rules set forth by Earth Day in the Junction pertaining to organized running and I agree to abide by them.

Signature of applicant

Date

Signature of legal guardian if under 18

Date