

Cowles 1st Annual 5K Fun Run/Walk



The goal of our 5K Run/Walk is to promote health and physical fitness. Anyone is welcome to join us! We look forward to building a wider sense of community and being able to share this event with other elementary schools and their students.

Race Date: Saturday, May 5th, 2012

Race Time: The race will start at 8 am- rain or shine! The Cowles 1 Mile Cross Country Run will start on the lower field at 9:00 a.m. for kids 9-16 years of age.

Race Location: Cowles Montessori Elementary School, 6401 College Ave., Windsor Heights, Iowa. (More detailed directions to the school are located on the page after the entry form).

Registration Options:

1. MAIL: Use attached entry form. Entries must be postmarked by 4.21.12.
2. IN-PERSON: Held on Friday, May 4th from 4:30 to 7:30 p.m. in the lobby area of Cowles School.
3. DAY OF RACE: Saturday, May 5th from 7:00 to 7:30 a.m.
4. PAYMENTS ONLINE: Can be made on the following link:
<https://secure.getmeregistered.com/Cowles5kFunRun> and more information can be found on the Cowles website: www.cowlesmontessori.org

T-Shirt Pick-up: Friday, May 4th, 4:30-7:30 p.m. You may also pick up t-shirts on race day 5.05.12 until 7:30 a.m. If you are registering on race day there will be a limited amount of t-shirts available.

Registration Categories/Entry Fees:

Registration Type	Community Members
Individual 5K – before 4.21.12	\$15
*Individual 5K – 4.22.12 – 5.04.12	\$20
*Individual 5K on-site – 5.05.12	\$30
Family 5K – before 4.21.12	\$70
*Family 5K – 4.22.12 – 5.04.12	\$75
*Family 5K on-site – 5.05.12	\$85
Individual 1mile Cross Country – before 4.21.12	\$10
*Individual 1mile Cross Country – before 4.22.12 – 5.04.12	\$15
*Individual 1mile Cross Country on-site – 5.05.12	\$20

***Note: registrations received by 4.26.12 are guaranteed t-shirts.** Please don't mail after 4.16.12. Those entering the race on 5.04.12 or on race day 5.05.12 will receive an event t-shirt while supplies last. There will be no refunds given.

Race Information: The Cowles 5K Fun Run/Walk starts and finishes at Cowles Montessori Elementary School: The Cowles 1 Mile Cross Country Run will start and finish on the lower field located at Cowles School. Depending on the number of participants there may be more than one heat and different age brackets. All ages are invited to run or walk the 5K. **Children 11 and under must be accompanied by a parent/guardian.** If your child is 12 years or older and will be running without a parent/guardian it is advised that they run with a partner or in a group. No rollerblades, bicycles or pets allowed. Strollers and wagons are OK for racers with small children; those with strollers and wagons will be asked to start at the back. Walkers, strollers and wagons please keep to the right-hand side of the road, so that runners can easily pass by. This is to assure the safety of the runners who could possibly lap the walkers, strollers and wagons. We do not want to create any obstacles for runners during the race. Headphones or electronic listening devices are permitted but strongly discouraged for the safety of all the participants on the course. **This run/walk is for fun and will not be officially timed.** We will have a timer at the end of the course for anyone who wants to know what their own race time results are. There will be no access to restrooms during the 5K Run/Walk. A limited number of restrooms are available at the start and finish area, please plan accordingly. Restroom access inside Cowles School is available before the race at the front entrance of the school. A Portable restroom unit will be placed on the lower field. Traffic control will be provided by the Windsor Heights Police Department. Basic First Aid will be provided.

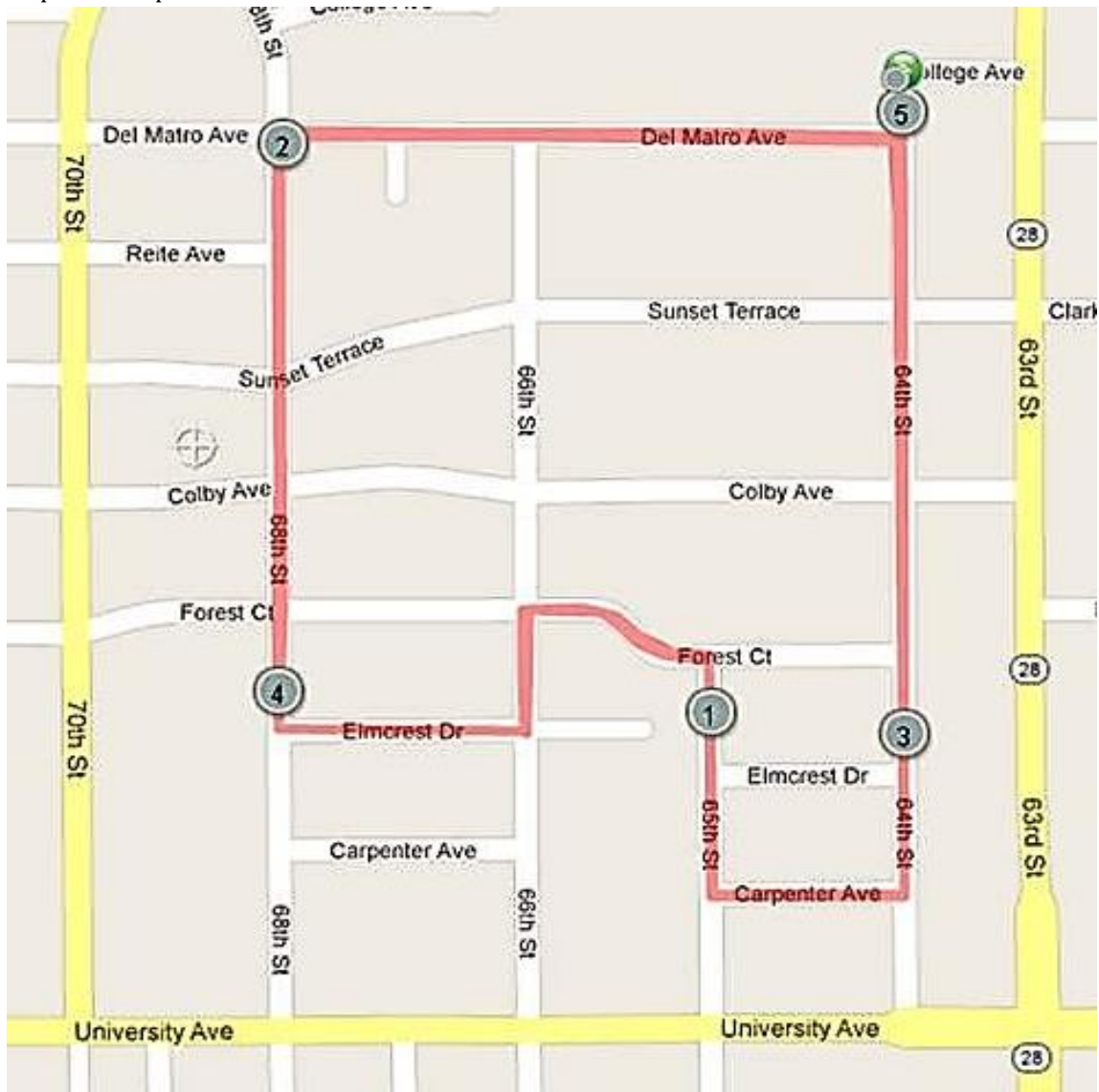
Parking: There will be very limited parking in the Cowles parking lot and inside the race course. There will be "NO PARKING" signs put up throughout the course the night prior to the race. Parking will be available on the surrounding city streets such as Washington Ave. There will also be parking available at the Windsor Presbyterian Church, 6301 University, Windsor Heights, IA – 50324 near

University and 63rd Street. The church has a small parking lot outside of the church and a larger lot across University Ave.

Start: Please line up according to your anticipated race pace. Be fair. Faster pace runners, less than 7 minutes per mile pace, should line up in the front of the start area. Runners with a pace of more than 10 minutes per mile pace line towards the back of the start area. Walkers should line up at the back of the start area.

Race Course: The race course will be a double loop course through the Cowles/Windsor Heights neighborhood. The route will exclude high traffic streets. The Cowles 1 mile Cross Country Run will take place on the lower field of Cowles.

Runners/Walkers will run a double loop around the route shown below. The route starts and ends at Cowles School: 6401 College Ave., south down 64th St., west on Carpenter Ave., north on 65th St., west on Forest Ct., north on 66th St., east on Del Matro Ave. and north on College Ave. The numbers on the map below represent kilometers.



Directions:

Directions from the North (Polk City): Head southwest on S 2nd St toward W Van Dorn St (279 ft.), take the 1st right onto W Van Dorn St (279 ft.), take the 1st left onto S 3rd St (0.5 mi), turn right onto IA-415 N/W Bridge Rd continue to follow IA-415 N (2.2 mi), turn left onto NW Beaver Dr. (5.6 mi), turn right onto Merle Hay Rd (4.3 mi), continue onto Merle Hay Rd (1.0 mi), turn right onto Hickman Rd (0.3 mi), turn left onto 63rd St (0.5 mi), turn right onto College Ave, destination will be on the right (318 ft.), 6401 College Ave Windsor Heights, IA 50324

Directions from the South (Norwalk): Head north on Main St toward Sunset Dr. (0.2 mi), take the 1st right onto IA-28 N/Sunset Dr., continue to follow IA-28 N (9.6 mi), turn left onto College Ave, destination will be on the right (318 ft.) 6401 College Ave Windsor Heights, IA 50324

Directions from the East (Altoona): Head south on 7th Ave SW toward 3rd St SW (187 ft.) continue onto 4th St SW (0.6 mi), turn left onto 17th Ave SW (0.3 mi), turn right onto NE 46th Ave/8th St SW/NE Broadway Ave (1.8 mi), slight left onto US-6 W/NE Hubbell Ave (1.8 mi), slight right onto E Euclid Ave (1.5 mi), take the ramp onto I-235 W (8.3 mi), take exit 4 for IA-28/63rd St toward Windsor Heights (0.3 mi), turn right onto IA-28 N/63rd St (1.0 mi), turn left onto College Ave, destination will be on the right (318 ft.) 6401 College Ave Windsor Heights, IA 50324

Directions from the West (Adel): Head south on N Ave/S 8th St/Nile Kinnick Dr. S toward Greene St (16 ft.), take the 1st left onto US-6 E/Greene St, continue to follow US-6 E (16.3 mi), turn right onto 63rd St (0.5 mi), turn right onto College Ave, destination will be on the right, (318 ft.) 6401 College Ave Windsor Heights, IA 50324

Post-Race Festivities:

1. Refreshments will be provided for entrants after the run.
2. Cowles 1 mile cross country Run will take place on the lower field of Cowles at 9:00 a.m. Depending on how many entries are received, there may be more than one heat with different age brackets.
3. An obstacle course and 50 yard dash for children 9 years and under will be held on the lower field of Cowles after the run.

Awards Ceremony: Awards will be given to the most creative costumes. One individual award and an award for teams of up to six will be given. Since this year our run/walk is funded by the Fuel up to Play 60 grant. We have a dairy, vegetable/fruit, and sports themed run to inspire those costumes. Costumes should not be constrictive they must be safe for children to walk or run in. No masks are allowed and running/walking shoes must be worn.

Beneficiaries: 100% of the proceeds from the 5K Fun Run will go directly back to after school programing, scholarships for our preschool program and resources for students attending Cowles Montessori Elementary School.

Sponsors: We are happy to announce that our run/walk this year will be free to Cowles Students! This was made possible by: the “Fuel up to Play 60” grant.



Entry Form: 2012 Cowles 5K Fun Run/Walk • Saturday, May 5, 2012

*Register online at www.cowlesmontessori.org look for a link to the 5K Run/Walk before April 21st for a reduced rate. Final chance to register online is 4/26/2012.

Last name _____ First name _____

Address _____ Apt./Suite _____

City _____ State _____ Zip _____

Birth Date ____ / ____ / ____ Day Telephone Ext. _____ Ext. _____

Shirt Size (while supplies last) Youth or Adult (S, M, L, XL, 2X, 3X) _____ Email _____

MAIL TO: Cowles School 6401 College Ave., Windsor Heights, Iowa 50324

Before 4/21 **\$15** \$ _____

4/21 - 5/4 **\$20** \$ _____

On 5/5 **\$30** \$ _____

Cowles 1 mile Cross Country Run \$10 \$ _____

Family **\$70 before 4/21** \$ _____ **\$75 (4/21 - 5/4)** \$ _____ **Race Day: \$85** \$ _____

Families MUST submit separate forms for each participant.

Donation to Cowles School \$ _____
(indicate donation & amount on check)

Total \$ _____ (Checks payable to Cowles School)

Cowles 5K Fun Run/Walk Waiver: I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I hereby certify that I am in good health and I have trained to run the distance of this race, which I am entering. I assume all risks associated with participating and/or running in this event including, but not limited to: falls, contact with other participants, the effects of weather, including snow and/or ice, traffic and the conditions of the road, all such risks being known and accepted by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry into this running race, I, for myself, or anyone entitled to act on my behalf, waive and release the Des Moines Independent Community School District and its Board of Directors, the City of Des Moines Parks and Recreation, the city of Windsor Heights their staff members, officers, administrators, officials, employees, and volunteers, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature of Participant _____ Date: _____ (or Signature of Guardian if under age 18)

Additional questions? Contact Heather Anderson: 515-783-8983 or Heather.anderson@dmschools