

FOOD:

Enjoy pork chops, sweet corn, watermelon, cookies, gatorade and water after the race.

INFORMATION ON RACE:

John Lins (515) 323-6234 lins@dmww.com
Chris Jones (515) 283-8787 cjones@dmww.com
Visit www.fitnesssports.com or
www.dmww.com/MaffittRace.asp

PROJECT H2O:

Help 2 Others is a voluntary program established by Des Moines Water Works and managed by the Salvation Army. Contributions are accepted from customers to financially assist low income households in the Des Moines service area. The Salvation Army uses specific criteria to determine eligibility to receive funds from Project H2O. Each qualified applicant may receive up to \$125 annually.

Since 1996, the fund has helped over 300 families and is a valuable resource for those in need. The fund has an annual need of approximately \$30,000 and typically collects only \$5,000. Join us in being a part of this positive community event and provide Help 2 Others (H2O).

INFORMATION ON DONATING TO PROJECT H2O:

Visit www.dmww.com or contact a Des Moines Water Works Customer Service Representative at (515) 283-8700 or visit www.dmww.com.

SPECIAL THANK YOU TO OUR SPONSORS:

- Capital Striders
- Fitness Sports
- Pine Ridge Farms

PROJECT H2O Maffitt Lake 5 Mile Trail Run
2201 George Flagg Parkway
Des Moines, Iowa 50321



PROJECT H2O MAFFITT LAKE



FIVE MILE TRAIL RUN

Saturday, August 1, 2009 • 8:00 AM
Maffitt Lake • Des Moines, Iowa



Sponsored by Des Moines Water Works



PROJECT H2O MAFFITT LAKE 5 MILE TRAIL RUN ENTRY FORM (One person per entry). **MAKE CHECKS PAYABLE TO:** PROJECT H2O Maffitt Lake 5 Mile Trail Run **MAIL TO:** Race Director, 2201 George Flagg Parkway, Des Moines, Iowa 50321

Name (Last name/First name)										Age (on 8/1/09)		Gender			
												M	F		
Mailing Address										Birthday MM/DD/YY		Zip Code			
City										State		Adult Shirt Size (circle one)			
												S	M	L	XL
Phone Number										E-mail address		Entry Fee			
												<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
												Before July 24	After July 24	Day of Event	Capital Striders Members
												\$20	\$25	\$25	\$17

In consideration of your acceptance of this entry, I hereby, myself, my heirs, executors and administrators, waive any and all rights and claims for damages I may have against **PROJECT H2O** Maffitt Lake Trail Run, Des Moines Water Works and sponsors associated with this event, their agents, representatives, successors and assigns for any and all injuries suffered by myself in said event. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate in this event

Signature of parent or guardian, if under 18 years

Signature

Date

PROJECT H2O MAFFITT LAKE 5 MILE TRAIL RUN

Saturday, August 1, 2009 • 8:00 AM

Maffitt Lake • Des Moines, Iowa

COURSE DESCRIPTION: A nature lovers dream. Agility, speed and endurance will see you through one of the most challenging yet beautiful trail courses of the year. We have removed the extreme slanted lakeside section to enhance your experience.

REGISTRATION: You may register by completing the attached entry form and mailing, along with fee, to **Race Director, 2201 George Flagg Parkway, Des Moines, IA 50321.** Mail registration by **July 24, 2009**, or register before the race between 6:00-7:45 a.m. on Saturday, August 1. Register online at **www.getmeregistered.com - August events.** Additional entry forms can be obtained at **www.dmww.com**, click on the Maffitt Race link in the right-hand column. Registration can also be done at packet pick-up on Friday evening. T-shirts guaranteed if registered by July 24.

PACKET PICK-UP: Packets may be picked up Friday, July 31 from 4:00-6:00 p.m. at Des Moines Water Works parking lot (2201 George Flagg Parkway, Des Moines, Iowa) or on race day from 6:00-7:45 a.m. at race site.

ENTRY FEES: Entries received by July 24 is \$20. Entries on race day is \$25. Capital Striders Members is \$17. No fee for Children's Run.

TIME: 6:00 a.m. Packet Pick-up/Race Day Entry
8:00 a.m. 5 Mile Trail Race
9:30 a.m. Children's Water Fun Run
Awards following Children's Water Fun Run

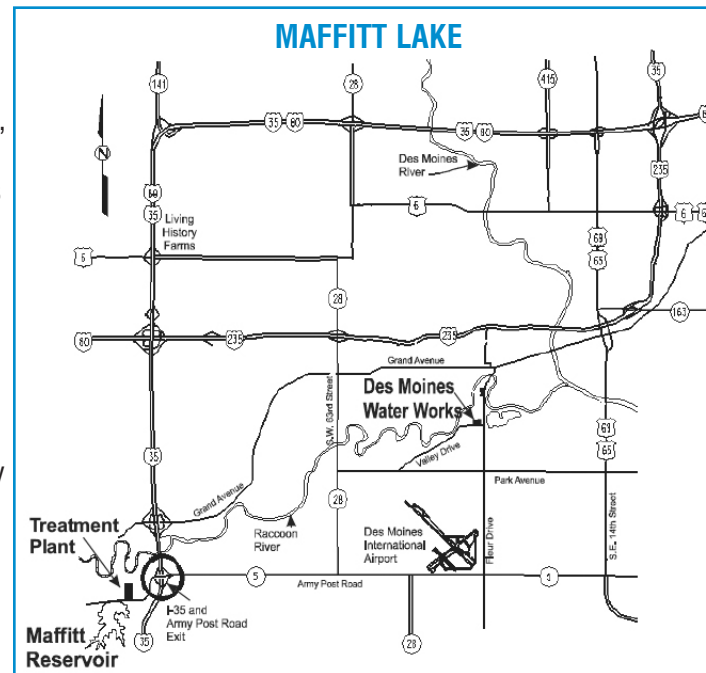
LOCATION: Start and Finish at Maffitt Lake. 12460 Maffitt Lake Road, Cumming Iowa, 50061 (see map at right). Be prepared for a typical trail run on grass, dirt, mud, gravel and asphalt surfaces, some of which may be uneven at times.

CHILDREN'S WATER BALLOON FUN RUN: This year's kids run will follow the finish of the main race as planned in order for participants to watch their children. We will be prepared for hot weather with misting fans and sprinklers for cooling off. All Children's Water Balloon Fun Run participants will receive award ribbons.

AWARD CLASSES: Overall Male – 1st, 2nd and 3rd;
Overall Female – 1st, 2nd and 3rd

Under 18 MF	18-29 MF	30-39 MF
40-49 MF	50-59 MF	60+ MF
Top DMWW employee MF		

Race results will be posted following the race and on www.fitnesssports.com.



To get to Maffitt Lake: East on Highway 5 from I-35 to the first exit #102, south on 35th; go south to SW 72nd. Turn west on SW 72, which will cross I-35 and become Maffitt Lake Drive. Watch for Park signs on left.