

ZERO PROSTATE CANCER RUN/WALK

DES MOINES • 2019

Race Distance (Please circle): **5K** **1 Mile** **Kids Dash** **Snooze for Dudes**

Team Name: _____ **Bib Number:** _____ **Race Date:** September 28, 2019

Participant First Name: _____ Participant Last Name: _____

Date of Birth: _____ Gender (M/F): _____ Email: _____

Age on Race Day: _____ Phone: _____ Mailing Address: _____

_____ City: _____ State: _____ Zip: _____

Emergency Contact Information (Name and Phone Number): _____

How are you connected to prostate cancer?

- | | |
|--|--|
| <input type="checkbox"/> I am a family member of a patient/survivor of prostate cancer | <input type="checkbox"/> I am a caregiver |
| <input type="checkbox"/> I am a friend of a patient/survivor of prostate cancer | <input type="checkbox"/> I am a medical professional |
| <input type="checkbox"/> I am a prostate cancer patient/survivor | <input type="checkbox"/> I work in the medical community |
| <input type="checkbox"/> I am a family member of a loved one lost to prostate cancer | <input type="checkbox"/> I have no connection to prostate cancer |
| <input type="checkbox"/> I am a friend of a loved one lost to prostate cancer | Other: _____ |

Are you interested in volunteering in your local community with ZERO - The End of Prostate Cancer? (Yes/No)

Card Holder's First Name: _____

Card Holder's Last Name: _____

Card Number: _____ Expiration Date: _____ Security Code (on back of card) _____

Billing Address: _____

Billing City: _____ Billing State: _____ Billing Zip Code: _____

Kids Cape

YM
 YL

WS
 WM
 WL
 WXL
 WXXL

MS
 MM
 ML
 MXL
 MXXL
 MXXXL

No Shirt, I'd like to donate the cost of my shirt to help end prostate cancer.

Mail check (made out to ZERO - The End of Prostate Cancer) and completed form to:

ZPCR - DES MOINES
P.O. Box 320871
Alexandria, VA 22320

Additional Donation:
\$ _____

TYPE	DESCRIPTION	FEE*
5K	All Ages	\$30
1 Mile	All Ages	\$15
Kids Superhero Dash for Dad	Kids (ages 0 – 9)	\$10
Snooze for Dudes	Participate virtually and sleep in to fight prostate cancer.	\$35
5K (Patient/Survivor)	ZERO's Heroes (Patient/Survivor)	\$20
Race Day Volunteer		Free

Participant Waiver:

I know that running/walking in a road race is a potentially hazardous activity and that I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. 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 the organizers of the ZERO Prostate Cancer Run/Walk - Des Moines, ZERO - The End of Prostate Cancer, Iowa Clinic, True Race Timing, Iowa Cubs, Principle Park, City of Des Moines, and all other sponsors or vendors, their representatives, all volunteers, and all their successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use my image, name and/or likeness as may be captured in any photographs, motion pictures, recordings, or any other record of this event for promotional and other legitimate purposes.

Signature: _____ Date: _____

* All price types (except Snooze for Dudes and Race Day Volunteer) will have a \$5 increase once online registration is closed for in person packet pick-up/race day registration.