



SPIRIT OF THE EVENT

This annual event serves as a vehicle to increase the awareness of HIV in central Iowa and honor people who are living with, or have lived with HIV disease. All proceeds from this event support the vital programs of The AIDS Project of Central Iowa. Each year, The Project serves over 300 Iowans living with HIV and provides prevention services to thousands of Iowans at risk of becoming infected with HIV.

Remember that HIV does not discriminate. It is not who you are that determines whether you can become infected with HIV. To find out where to get tested for HIV and for additional information, please contact The Project at **515-284-0245** or visit www.aidsprojectci.org.

GENERAL INFORMATION & SCHEDULE OF EVENTS

DATE/TIME

Saturday, April 12, 2008, 10:00 a.m.

START/FINISH

Des Moines University-Osteopathic Medical Center's Academic Center, 3440 Grand Avenue, Des Moines

ENTRY FEES - LUTHERAN CHURCH OF HOPE

Adults	\$20
Youth	\$10 (12 and under) or FREE without t-shirt
Kids	FREE (5 and under) without t-shirt

COURSES

1-mile walk and 5K run loops through hilly, picturesque neighborhood south of Grand Avenue, Des Moines' west side

SCHEDULE OF EVENTS

April 11	Des Moines University-Osteopathic Medical Center's Academic Center, 3440 Grand Avenue, Des Moines
	Noon-6:00 p.m. - Packet pickup / Open registration
April 12	Des Moines University-Osteopathic Medical Center's Academic Center, 3440 Grand Avenue, Des Moines
	8:00 - 9:30 a.m. - Open Registration
	10:00 a.m. - Race begins
	10:30 a.m. - Performance by the Isiserettes
	11:00 a.m. - Awards Ceremony

RUN DIVISIONS & AWARDS

Run Divisions

12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60+

Awards

RUNNERS: Overall Woman, Man, and 1st & 2nd in each division
 ALL PARTICIPANTS: Prizes to the top fundraiser

FUNDRAISING OPPORTUNITY

Walkers and runners are encouraged to collect contributions from family, friends, co-workers and neighbors. The top fundraiser will receive prizes. Please refer to www.aidsprojectci.org to create a personal fundraising page, or contact us for a paper form.

COURSE MAP & DRIVING DIRECTIONS

DRIVING DIRECTIONS

Des Moines University-Osteopathic Medical Center Academic Center
 3440 Grand Avenue
 Des Moines, IA 50312

COMING FROM THE WEST:

//Head East on I-235
 //Take the 35th Street exit
 //Turn South onto 35th Street

COMING FROM THE EAST:

//Head West on I-235
 //Take the 31st Street exit
 //Turn South onto 31st Street
 //Turn West onto Grand Avenue

