

# Fees

## Solo

\$30 (one person, entire route)

## Tandem

\$60 (two people in one canoe or tandem kayak, BOTH bike, BOTH run, times averaged)

## Relay

2-person -- \$60  
3-person -- \$90  
4-person -- \$120

(Participants compete in sections as assigned by their teams)

Additional \$10 each team/solo entry postmarked after Aug. 21

Send registration form and fees to:  
Friends of Central Iowa Biking  
4211 Stone Brooke Road  
Ames, IA 50010

Make checks payable to:  
Friends of Central Iowa Biking  
Please note "GAAR" in the memo

Register online at [active.com](http://active.com) or  
[greatamesadventurerace.org](http://greatamesadventurerace.org)

GAAR reserves the right to use your photo, including video for promotional purposes

## Need a boat?

Canoe and kayak rentals are available at:  
JAX/Ames Outdoor Gear 292-2276  
Seven Oaks (Boone) 515-432-9457  
ISU Outdoor Rec 294-8200 (students, staff, ISU affiliates)  
Rental not included with registration



# FAQs

• Are there restrictions or regulations on what kind of canoe, bike, or paddle I can use?

No, you may use any type of bike, paddle or canoe/kayak of your choosing.

• Do I have to wear a helmet on the bike?

Yes, all participants on the bike portion will be required to wear CPSC/ ANSI approved helmets.

• Do I have to wear a life jacket while I am in my boat?

Yes, all participants will be required to wear US Coast Guard approved personal flotation devices.

• How do the categories work?

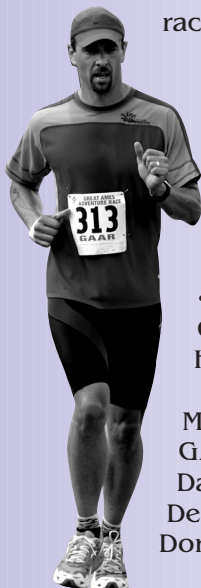
Solo participants compete in the entire course. Tandem participants paddle in one canoe or tandem kayak and BOTH compete in the bike AND run, times are averaged. Relay participants compete in successive sections of the race as assigned by their team.

• Where do the proceeds from this race go?

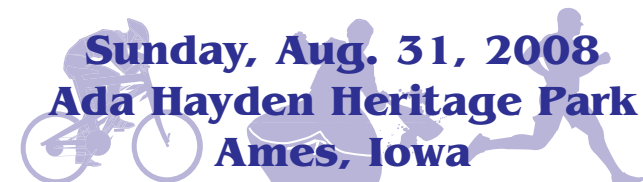
All proceeds from the GAAR go to support community benefit efforts of race sponsors, The Skunk River Paddlers, Friends of Central Iowa Biking, Ames Area Running Club.

• I don't want to participate in the GAAR but would like to volunteer. How do I do that?

Many volunteers are needed for GAAR. To sign up, please contact Dave Kraemer at (515) 232-2160, Dennis Jones at (515) 232-2923, or Don Muff at (515) 292-2725.



Brought to you by:



# GREAT AMES ADVENTURE RACE

## Who

Teams or individuals interested in the challenge of an adventure race. Family and friends are invited to watch and participate in pancakes and awards following the race at the Moose Lodge.

## What

The course starts with a 3 mile (4.8K) canoe race, followed by a 15 mile (24.1k) bikeride and finishes with a 5K (3.1 mile) run.

## Why

Proceeds from GAAR will benefit community projects of race sponsors, The Skunk River Paddlers, Friends of Central Iowa Biking, Ames Area Running Club

## When

Sunday, Aug. 31, 2008. Race starts at 7:30 a.m. All racers must check in by 7 a.m.

## Where

GAAR will start and finish at Ada Hayden Heritage Park in North Ames. Visit [www.greatamesadventurerace.org](http://www.greatamesadventurerace.org) for course maps. Awards presented at the Moose Lodge (Corner of Hwy 69 & 190th) following race, plus \$4 pancake breakfast at Moose Lodge, 8 a.m. to noon!



# GREAT AMES ADVENTURE RACE

Aug. 31, 2008

## WAIVER

I, the undersigned, waive and release myself, my heirs, executors, and administrators, and assume the risk of physical injury or death from participating in this event. By participating, I waive all rights and claims for damages, demands any other actions whatsoever, which I may have against the Great Ames Adventure Race, all participating sponsors, and supporters of those entities, successors, representatives, and assigns, arising out of my participation in this event. I certify that I am in proper physical condition to participate in this activity.

Printed name \_\_\_\_\_ Signature \_\_\_\_\_ date \_\_\_\_\_  
participant 1

Printed name \_\_\_\_\_ Signature \_\_\_\_\_ date \_\_\_\_\_  
participant 2

Printed name \_\_\_\_\_ Signature \_\_\_\_\_ date \_\_\_\_\_  
participant 3

Printed name \_\_\_\_\_ Signature \_\_\_\_\_ date \_\_\_\_\_  
participant 4

Parent or guardian Signature, if under 18

Parent or guardian Signature, if under 18

Parent or guardian Signature, if under 18

Parent or guardian Signature, if under 18

# Registration

Circle the appropriate choices:

1. Solo / Tandem / Relay2 / Relay3 / Relay4

2. Men / Women / Mixed

Participant 1: Male / Female

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Age on Aug. 31 \_\_\_\_\_

Shirt size: S/M/L/XL/2XL

Participant 2: Male / Female

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Age on Aug. 31 \_\_\_\_\_

Shirt size: S/M/L/XL/2XL

Participant 3: Male / Female

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Age on Aug. 31 \_\_\_\_\_

Shirt size: S/M/L/XL/2XL

Participant 4: Male / Female

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Age on Aug. 31 \_\_\_\_\_

Shirt size: S/M/L/XL/2XL

This is a rain or shine event. GAAR reserves the right to cancel/postpone the race because of inclement weather. No refunds will be given.

