

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 or
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?

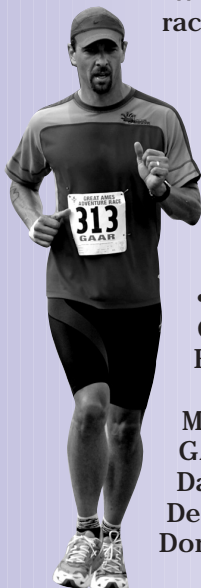
Solo participants compete in the entire course. Tandem participants paddle in one canoe or tandem kayak and BOTH compete in the bike AND run, times are averaged. Relay participants compete in successive sections of the race as assigned by their team.

• 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.



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