

FEES

Solo

\$30 (one person, entire route)

Tandem

\$60 (two participants in one canoe or tandem kayak BOTH bike, BOTH run, and the times are averaged)

Relay

2 person - \$60

3 person - \$90

4 person - \$120

(participants compete in sections of the race as assigned by their team)

Additional \$10 for each team or solo entry postmarked after August 31. We cannot guarantee the availability of t-shirts after August 31.

Send registration and fees to:

Friends of Central Iowa Biking
4211 Stone Brooke Road
Ames, IA 50010

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

This is a rain or shine event. The GAAR reserves the right to cancel or postpone the race in the event of severe weather. No refunds will be given.

Need a Boat?

Participants should make advance arrangements for lakeside rentals of canoes and kayaks with:

JAX/Ames Outdoor Gear 515-292-2276
OR
Seven Oaks Recreation 515-432-9457

Rental fees are not included with the registration.

FAQ's

Are there restrictions or regulations on the kind of canoe, bike, or paddle I use?

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

Do I have to wear a helmet while on my bike?

Yes, all participants on the bike portion of the race must wear a CPSC/ANSI approved bicycle helmet.

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

Yes, all participants must wear a US Coast Guard approved personal flotation device while on the lake.

How do the categories work?

Solo participants compete in the entire course. Tandem participants also compete in the entire course but paddle tandem in a canoe or tandem kayak. Tandem participant's times are averaged. Relay participants compete in successive sections of the race as assigned by their team.

Where do the proceeds from the race go?

Proceeds help support the community service efforts of the the event sponsors: the Skunk River Paddlers, Friends of Central Iowa Biking, and Ames Area Running Club.

I don't want to participate in GAAR but would like to volunteer. How do I sign up to volunteer?

Many volunteers are needed!
Please contact Dennis Jones (515) 232 2923 OR
Galen Wilke (515) 296 1810 to sign up.

Visit www.greatamesadventurerace.org for course maps, race rules and registration forms.



Brought to you by:

AARC
Ames Area Running Club



Skunk River Paddlers



Friends of Central Iowa Biking

Sunday, Sept. 6, 2009
Ada Hayden Heritage Park
Ames, Iowa

Great Ames Adventure Race

Important Details

Registration

Who

Teams or individuals interested in the challenge of an adventure race. Family and friends are invited to watch and to join participants for pancakes at the Moose Lodge. The pancake breakfast is free to participants and is open to the public at \$4.00 per person (\$2/child).

What

The course starts with a 3 mile (4.8K) canoe race, followed by a 15 mile (24.1K) bike ride and finishes with a 5K (3.1 mile) run around Ada Hayden park and the upland trail.

Why

In addition to being a fun event, proceeds from the GAAR will help fund the community service efforts of the event sponsors: the Skunk River Paddlers, Friends of Central Iowa Biking, and Ames Area Running Club.

When

Sunday, Sept. 6, 2009. The race starts at 7:30 a.m. All participants 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 for course maps, race rules and registration forms.

Awards Ceremony

Awards will be presented at the Moose Lodge, 1/2 mile North of the park at US Hwy 69 and 190th. A pancake breakfast is free to registered participants and is open to the public at \$4.00 per person.



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 or 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.

Participant 1 Name (or guardian if under 18):

Signature _____ Date _____

Participant 2 Name (or guardian if under 18):

Signature _____ Date _____

Participant 3 Name (or guardian if under 18):

Signature _____ Date _____

Participant 4 Name (or guardian if under 18):

Signature _____ Date _____

Circle the appropriate choices:

Solo / Tandem / Relay 2 / Relay 3 / Relay 4

Women / Men / Mixed

Participant 1: Male / Female

Name: _____

Address: _____

City: _____

Phone: _____

Email: _____

Shirt Size: S / M / L / XL / XXL

Participant 2: Male / Female

Name: _____

Address: _____

City: _____

Phone: _____

Email: _____

Shirt Size: S / M / L / XL / XXL

Participant 3: Male / Female

Name: _____

Address: _____

City: _____

Phone: _____

Email: _____

Shirt Size: S / M / L / XL / XXL

Participant 4: Male / Female

Name: _____

Address: _____

City: _____

Phone: _____

Email: _____

Shirt Size: S / M / L / XL / XXL

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