



news release

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Great Ames Adventure Race set for September 11

Event combines paddling, biking, and running

AMES, IOWA

The fifth annual Great Ames Adventure Race (GAAR) will take place on September 11, 2011 at Ada Hayden Heritage Park. GAAR is a fun-filled amateur athletic event combining a three mile canoe and kayak race, a 15 mile bike race and a 5K run. Participants may enter in solo, tandem, or relay divisions, and this year an additional three-person relay category has been created to encourage friendly competition between area businesses.

Registration is \$30 for each participant and includes a t-shirt and a pancake breakfast. An awards ceremony will follow immediately after the event at the Moose Lodge. Registration information is available at www.greatamesadventurerace.org.

Since the inaugural 2007 Red Cross event the GAAR has been a cooperative effort of the Ames Area Running Club, the Friends of Central Iowa Biking and the Skunk River Paddlers, with race proceeds being donated to the Lincoln Way Chapter of the American Red Cross.

Sponsors and prize donations are still being accepted.