

Entry Fees

Registration Fees are \$30 per participant through September 2nd. A \$10 late registration fee will be assessed for registrations postmarked or completed online after September 2nd. Enter early to ensure that you receive a t-shirt in your size!

Register at GetMeRegistered.com, or mail to:

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

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

This is a rain or shine event! Should weather conditions pose a threat to participants, spectators or volunteers, GAAR officials reserve the right to delay or cancel the race. (No refunds will be given).

Rules

Athletes must check in prior to 7 am and boats must be staged near the ramp prior to the race briefing at 7:15. The race begins at 7:30.

Participants in the paddling leg of the race must wear a US Coast Guard approved personal flotation device.

Participants in the bike leg of the race must wear a CPSC/ANSI approved bicycle helmet.

Any type of bicycle, canoe, kayak, or paddle may be used.

Visit www.greatamesadventurerace.org for a complete listing of event rules.

Sponsors

The GAAR wishes to thank the sponsors, supporters and volunteers who help make the race a success. Special thanks to Ames Outdoor Gear, Bike World and Skunk River Cycles whose contributions have made the event possible.

FAQs

How do the categories work?

Solo participants compete in the entire course.

Tandem participants compete as one in the entire course, paddling together in a canoe or tandem kayak. Their finish times are averaged. The tandem division has been popular with parent/child teams.

Relay participants compete in successive sections of the race as assigned by their team. Three-person teams would have one member on the water; four-person teams would have two.

Where can I get a boat?

Participants must make advance arrangements for canoe and kayak rentals with:

JAX/Ames Outdoor Gear 515-292-2276,
Seven Oaks Recreation 515-432-9457, or
ISU Outdoor Rec (students and staff only)

And be sure to say you are renting for the GAAR!

Where do the proceeds from the race go?

Proceeds support the Lincoln Way Chapter of the American Red Cross and the ongoing community service efforts of the event sponsors: the Ames Area Running Club, Skunk River Paddlers, and Friends of Central Iowa Biking.

How may I sign up to volunteer?

Many volunteers are needed!

Please contact:
Art Barton at (515) - 203-9900
Rick Dietz at (515) - 708-3047
Don Muff at (515) - 292-2725

Or email volunteers@greatamesadventurerace.org and indicate how you or your group might like to help!



Brought to you by:

AARC
Ames Area Running Club



Skunk River Paddlers



Friends of Central Iowa Biking

Sunday, Sept. 11, 2011
Ada Hayden Heritage Park
Ames, Iowa

The Great Ames Adventure Race

The Great Ames Adventure Race (GAAR) is a fun-filled amateur athletic event combining paddling, bicycling, and running. Participants may challenge themselves or challenge family, friends and co-workers in solo, tandem and relay divisions.

The Event

The 2011, 5th Annual GAAR is scheduled for Sunday September 11th. The race starts at 7:30 a.m. Participants must check in by 7 a.m.

The GAAR starts and finishes at Ada Hayden Heritage Park, 5205 Grand Avenue in North Ames. Family and friends are welcome and may join participants for pancakes and the AWARDS Ceremony following the race.

The Course

Participants begin on a 2.7 mile canoe and kayak race around the perimeter of Ada Hayden Lake, continue on a 15 mile road race and then a 5K (3.1 mile) run within Ada Hayden Park (on asphalt and cinder trails). Life jackets (PFDs) and bike helmets are required.

Awards

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

For more information

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

WAIVER

Participant signature(s) required !

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 (Print name):

Signature: _____ Date: _____

Guardian signature, if participant is under 18:

Participant 2 (Print name):

Signature: _____ Date: _____

Guardian signature, if participant is under 18:

Participant 3 (Print name):

Signature: _____ Date: _____

Guardian signature, if participant is under 18:

Participant 4 (Print name):

Signature: _____ Date: _____

Guardian signature, if participant is under 18:

REGISTRATION

Circle the appropriate choices:

Solo | Tandem | Relay 2 | Relay 3 | Relay 4

Women | Men | Mixed

Participant 1: Male | Female

Name: _____

Address: _____

City: _____

Email: _____

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

Participant 2: Male | Female

Name: _____

Address: _____

City: _____

Email: _____

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

Participant 3: Male / Female

Name: _____

Address: _____

City: _____

Email: _____

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

Participant 4: Male | Female

Name: _____

Address: _____

City: _____

Email: _____

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

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