

July 31, 2008

Adventure race returns to Ada Hayden Heritage Park

The second annual Great Ames Adventure Race will be held Sunday, August 31, during the All-American Weekend in Ames.

GAAR is a triathlon-style competition combining a 3-mile paddle in either a canoe or kayak, a 15-mile bike ride, and a 5K run. Participants can complete the entire route as a solo entry, or may enter as 2-, 3-, or 4-member teams. See www.greatamesadventurerace.org for course maps, race and registration details.

The race begins at 7:30 a.m. at Ada Hayden Heritage Park. Awards will be presented at the Moose Lodge located just north of the park following the race. At the Moose Lodge will be a pancake breakfast that day from 8 a.m. to noon, open to both racers and the public.

Registration for GAAR is \$30 per participant and includes a T-shirt. The pancake breakfast is offered separately at a cost of \$4 per person.

Last year, approximately 150 people participated in GAAR, making it a great success as a first-time event. The race highlights Ames' Ada Hayden Heritage Park and promotes a healthy lifestyle.

Organizing the race this year are The Skunk River Paddlers, The Ames Area Running Club, and The Friends of Central Iowa Biking. Proceeds from the race will go toward the clubs' community projects.

This year, the race is sponsored by Metabolic Technologies, Inc, located in Ames. Founded in 1990 by university professors Steven L. Nissen, D.V.M., Ph.D. and Naji N. Abumrad, M.D., MTI is a research-driven company that is dedicated to the development of credible, safe and effective nutritional products. MTI is the producer of HMB, a nutritional supplement used for increasing lean muscle mass, strength and endurance.

For more information or to sign up, contact Dave Kraemer at (515) 232-2160, Dennis Jones at (515) 232 2923, or Don Muff at (515) 292-2725.