

Living History Farms Off Road Race

Saturday, November 21, 2009

The "Largest Cross-Country Race in North America - Limited to 7500 runners!"

The 31st Living History Farms race celebrates your running with a **NEW! Hot Post Race Meal** brought to you by the Iowa Beef Council and the Iowa Machine Shed Restaurant, VIP packet pick-up, chip timing, and youth runs, You will again be challenged by the world's richest farm land as you wade through creeks, dodge farm animals and claw your way to the top of gullies with 7500 (limit) other runners of questionable senses. It's a great way to end the racing season and experience running stories to re-live and re-tell throughout the winter. Stay for the "Outdoors in November" post race lunch, door prizes and awards ceremony.

RACE INFORMATION

Events/Start Times

- 9 a.m. -- 7-Mile starts adjacent to the Visitor's Center.
- 10:45 a.m. -- Youth Races start near the awards stage.

Site

Living History Farms
Interstate 80 & Hickman Rd., Urbandale, IA.

Timing - Scoring based on Gun Time.

All runners must wear a chip provided by the race. No chip = no time. The start will be wider and no start mats will be used to allow for a safe and speedy race. Line up by ability!

Youth Race

The youth races will have distances of 50-100 yds. for ages 1-5; quarter mile for ages 6-8 and a half mile for ages 9-11. All youth will receive finisher's ribbons. This will be true cross-country running for the younger runners.

NEW! Post race meal

This year the Iowa Machine Shed and the Iowa Beef Industry Council will be combining with us to provide all registered runners with a hot meal. Beef Stew, made-from-scratch biscuits and pumpkin bars will be served with cider and coffee following the race. Oh yea, there will be Donuts!!

VIP Package

Make a great donation to Living History Farms! Donate \$100 (tax deductible) to the LHF in addition to your entry fee and receive a special LHF race limited edition gift, Farm Pottery and guaranteed shirt size whenever you arrive. You will also be allowed to start the race in the front area.

Race shirt

All 7 mile entrants receive a 100% cotton long sleeve Adidas running shirt. We need to order these 2 months out so arrive early and get your requested size.

Race Number Assignments

A complete list of all pre-registered entrants will be posted at www.FitnessSports.com on Thursday, November 19.

Parking:

If you arrive after 8 a.m., it may take 30 minutes to park. So arrive early, join the fun, check out thousands in costume and view the farm with clean shoes (soon to be muddy).

Car Pool and Get Here Easily!

If you're coming from the North or East take an alternate exit. Leave Interstate 80/35 at the 86th St. exit. Take it south to Hickman Road, turn west (right) and you will enter the farm at the East Entrance, next to the Girl Scout Office. Listen to KGGO-FM 95 for last-minute updates. Police will direct traffic entering and leaving the grounds. All buses and RVs should plan on coming in the east gate near the Girl Scout Office.

REGISTRATION & PACKET PICK-UP

Entry Fees - Limited to 7500 runners!

Runners may enter by US mail, at Fitness Sports or online at GetMeRegistered.com

- 7 mile race (must be minimum 12 years old to enter)
-\$32 -- through Sat., Nov. 7 (Capital Strider members \$27)

****No US mail registration after November 7!**

- \$45 --Sun, Nov. 8 through Noon Wed., Nov. 18

Register online or in person at Fitness Sports only!

****No race day registration - No Refunds**

- Add \$100 to your entry fee for the VIP treatment and a wonderful donation to the Living History Farms (tax deductible)
- Youth Races--Free (11 and under) with optional t-shirt purchase for \$5 at Fri. packet pickup or at the start on Sat.

Packet Pick Up at Living History Farms

Fri., Nov. 20 -- 3:00 - 8:00 p.m.

Sat., Nov. 21--7:30 - 8:30 a.m. (shirt size not guaranteed).

Awards

7-Mile Individual Awards (gun time)

- Special awards to the top 3 male and 3 female winners (also included in age awards)
 - Age division prizes--12 to 14 (awards to 2 male, 2 female); 15 to 18 (5, 5); 19 to 24 (5, 5); 25 to 29 (5, 5); 30 to 34 (5, 5); 35 to 39 (5, 5); 40 to 44 (5, 4); 45 to 49 (5, 3); 50 to 54 (5, 3); 55 to 59 (3, 2); 60 to 64 (3, 2); 65 to 69 (2, 1); 70 & up (2, 1).
- 1st place-Turkey, 2nd-5th--Chickens. Also, special Farm Pottery for 1st thru 5th. Poultry awards not claimed on race day will be donated to area charities.

7-Mile Team Awards (gun time)

Teams consist of at least three runners. Coed division must have at least four runners, two male and two female. The top members score on a total time basis.

- Special Farm Pottery (max. 5 awards per team)--High School (awards to 4 male teams, 4 female teams); Open (4, 4); Masters, all members age 40 & up (2, 2) and Coed (4).

Awards Ceremony & Results

The awards ceremony will be on the stage near the food shelter immediately following the youth races at 11 a.m.

Door Prizes

Bring a donation to the DMARC Food Pantry & be entered to win 1 of 6 pairs of Adidas running shoes. All participants are eligible for other drawings. Door prize drawings will be prior to the awards ceremony. Keep race number, must be present to win.

Photography by Jolesch Photography

Pictures will be posted at <http://www.jolesch.com>

\$10 FEE FOR UNRETURNED CHIPS!

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GREAT RACE FOR GREAT CAUSES

The "Farm Race" raises funds for Living History Farms and more. Over the last 10 years, the race has given \$200,000 to the Living History Farms (a not-for-profit museum). It has funded the Capital Striders endowment for scholarships to area senior cross country athletes. The race has also raised food/money for the DMARC Food Pantry, donates to area age-group track & swimming teams, the American Red Cross, the Boy Scouts of America, the M.D.A. and area Fire Departments. Proceeds from the race help sponsor area races, purchase equipment and racing supplies used at road races and middle school/high school XC meets. All proceeds go to non-profit entities.

RESULTS:

Full results will be posted on the web by 6 p.m. Sat., Nov. 21 at www.FitnessSports.com

NEARBY HOTELS

Ask for the "Farm Race Rate" and save. Hotels listed on the web site at www.FitnessSports.com

NEW! POST RACE MEAL

This year the Iowa Machine Shed and the Iowa Beef Industry Council will be combining with us to provide all registered runners with a hot meal.

SPECIAL INSTRUCTIONS

Because of chance of injury or loss - no dogs, cell phones, listening devices, jewelry, car keys or props like swords, lances, etc. may be taken on the course.

SPECIAL "THANK YOU" TO

City of Urbandale and Living History Farms for making this race possible.

EASILY ANSWERED QUESTIONS

- Will it be cold? Probably!
- Will I get wet? Probably!
- Will I get dirty? Probably
- Do I need gloves? Yes!

OTHER QUESTIONS?

Call 1-800-529-7684 or steve@fitnesssports.com

Living History Farms Off-Road Race Entry Form
Saturday, November 21, 2009 - Limited to 7500 runners!
 One entry per person. Photocopies allowed.

Mail to: **Living History Farms Race (c/o Fitness Sports)**
7230 University Ave. Windsor Heights, IA. 50324

Register online: www.GetMeRegistered.com

Name (last name/ first name) Age on 11/21/09 Sex M / F

Street Mailing Address

City State Zip Code

E-mail address

Daytime telephone Number

Team name (if applicable) - **PLEASE, team members all use PRECISELY the same name.**

Team Category (place an X in the category you are entering)

Male (must have 3+ runners) High School Open Masters

Female (must have 3+ runners) High School Open Masters

Coed (must have 2 males & 2 females) Open

WHAT? No T-shirt size?

That's correct! We have to order the shirts in August to get enough long sleeves, so it's first come, first served at packet pickup.

NO ENTRIES ACCEPTED AT PACKET PICKUP!

Release of Liability

Inconsideration of acceptance of this entry, I intending to be legally bound hereby, for myself and administrators, wave and release any and all right in claim for damages I may have or that may hereafter accrue to me against all sponsors, contributors, supporters and officials associated with Living History Farms Off Road Races or sponsors, their representatives, successors and assigns for any injuries incurred by me during, because of, or in travel to or from Living History Farms Off road races. I realize that this is more strenuous than normal running events and am trained to participate in it.

Entry Fee Don't mail after Nov. 7... NO REFUNDS!

- 7 mile ***
- *must be at least 12 years old to enter!
 - \$32 through 11/7
 - \$27 (Capital Striders only thru 11/7)
 - \$45 11/8 thru 11/18 (noon),
online or at Fitness Sports

Kids race (1 to 11)

- Free
- Sign up on site
- Kids T-shirt is \$5 at packet pickup

Date _____ Signature _____
 If you are under 18 years of age, a parent or guardian must sign.

add \$100 for VIP Package
NO REFUNDS!

Total amount enclosed
 \$ _____