



# To Grandmother's House We Go

## 5k, 10k, & 15k Trail Races

The trail is doublewide dirt with roots, rocks, and some hills. Each loop is 5k so 15k runners will complete 3 loops. Medals will be given to the top 3 runners in each 10-year age group for males and females. Prizes for the best Little Red Riding Hood and Wolf costumes and pre-registration is only \$35. Register at [https://secure.getmeregistered.com/get\\_information.php?event\\_id=122610](https://secure.getmeregistered.com/get_information.php?event_id=122610)

October 31<sup>st</sup>, 2015 at 9:00 am

Brown's Woods  
195 SE Brown's Woods Ct.  
West Des Moines, IA 50265

Presented by the Capital Striders' Turkeys