

Living History Farms Off-Road Races

Saturday, November 21, 2015 in Urbandale, IA at Living History Farms - 2600 111th St. (Interstate 80 and Hickman Road)

Largest Cross-Country Race in North America

The 37th Living History Farms race again celebrates your running with a Hot Post Race Meal brought to you by the Iowa Beef Industry 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. Be prepared for the "Outdoors in November" post race lunch, door prizes and awards ceremony (it has been anywhere from 30 to 70 degrees following the race).

Event Schedule

Events/Start Times

9:00 AM -- 7-Mile starts adjacent to the Visitor's Center.

10:45 AM -- Youth Races start near the awards stage.

Race Packets

Friday November 20, 3:00 to 8:00 PM

Saturday November 21, 7:30 to 8:30 AM, shirt size not guaranteed.

Living History Farms, Interstate 80 & Hickman Road, Urbandale, Iowa

Post-Race Meal

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

Beef Stew with made from scratch biscuits and pumpkin bars will be served with cider and coffee following the race. And yes, there will be Donuts!!

Youth Races - Free (11 yrs. and under) start at 10:45 a.m. near the awards stage

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.

NO Pre- registration is required!

Awards

7-Mile Individual Awards (chip time based on gun time):

Special awards to the top male and female finishers (also included in age awards).

Age Divisions - 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).

First Place - \$20 Meat Certificates, 2nd - 5th \$10 Meat Certificates. Also special Farm Pottery for 1st thru 5th. Awards not claimed on race day will be available at Fitness Sports for two (2) weeks following the race..

7-Mile Team Awards (gun time for safety):

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

A complete list of all pre-registered entrants will be posted at www.FitnessSports.com on the Thursday prior to the race .

Awards Ceremony and Results

The awards ceremony will be immediately following the youth races at 11:00 AM.

Door Prizes (prior to the awards ceremony) for participants who bring a donation to the DMARC Food Pantry for six pairs of Nike running shoes.

All the participants will be eligible for other drawings.

Keep your race number, must be present to win.

Complete Web Results:

Full results will be posted on the web by 6:00 PM Saturday, November 21st at www.FitnessSports.com

Great Race for Great Causes

The "Farm Race" raises funds for Living History Farms and more. Over the last 12 years, the race has given \$1,000,000.00 to the Living History Farms (a not-for-profit museum).

The race has also funded the Capital Striders endowment for scholarships to area senior cross country athletes; raised food/money for the Des Moines Area Religious Council Food Pantry and donated 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.

Bring a non-perishable food item to donate and you will be eligible for the door prize drawing for 6 pairs of Nike running shoes.

Door Prizes

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

Special Instructions and Prohibitions

NO weapons, NO alcohol, NO tobacco use is permitted, NO unattended bags allowed anywhere on the property. No dangerous props (swords, lances, etc) on the course. No dogs or strollers on the course. IF you must take keys or phones with you please SECURE them properly.

Common Questions

Will it be cold? Probably!

Will I get wet? Probably!

Will I get dirty? Probably!

Do I need gloves? Yes!

Exactly how far is it? 7 miles

Parking

If you arrive after 8:00 AM, 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 Early! Parking is very limited.

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. 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.