



### **Important directions for Living History Farms Race 2016**

1. If you are coming from the East or North of the metro please leave Interstate 35-80 at the 86<sup>th</sup> St. exit on the north side of town. Go south to Hickman and turn west. You can come into the parking area at the Girl Scout office and save yourself a great deal of time.
2. As you come into the Grounds to park, pay attention to the attendants. They are there for your convenience and have been doing their job for years. Remember, the closer you are to the starting line, the longer it may take you to get away after the race.
3. PIN YOUR BIB NUMBER ON THE FRONT OF YOU. The bib number is your timing chip and provides your score. Don't lose it or forget to wear it. You are welcome to keep it following the race.
4. There are plenty of first aid and communication people out on the course. If you need them let them know. That's why they are there.
5. Everyone wants to have a good time. Please be courteous and safe.
6. Following the race enjoy the BEEF STEW and refreshments.
7. The Walnut Creek YMCA (948 73<sup>rd</sup>, Windsor Heights 50324) and the YMCA Healthy Living Center (12493 University Ave, Clive 50325) have both offered the use of their showers following the race. You must provide your own locks and towels. Just present your bib number.
8. Look up your number on the Fitness Sports web-site as of Thurs morning. Otherwise when you go into the Visitors Center for packet pick-up the number list will be around the corner to the right. Look up your number.

**Have fun, play fair, don't cheat.**



# MACHINE SHED Restaurant

A Restaurant Honoring the American Farmer

The Machine Shed Restaurant will be offering;

Half price any tap beer  
\$3.00 well margaritas

during the LHF Race weekend!

November 18,19, & 20.

Where You Have the Right to B - FIT  
**FitnessSports**  
www. .com  
8810 Swanson Blvd, Clive, IA 50325  
515/277-4785, Fax 515/277-3854 or 800/529-7684

**Bring your race number to Fitness Sports for a special discount on Shoes, clothing and accessories through Dec. 31.**

There was a mistake in holes on the numbers! Please pin as shown below!

