

RCC RUN THE WOODS
4-MILE XC / TRAIL RACE
Saturday November 7th 2009
11:00 am – Earlham, Iowa
Goldner Woods Park

4-Mile trail runs over open pasture
to dense timber; including rocks and
rough terrain, steep upgrades and
water crossings.

(Your shoes well get wet!)

Beef Stew Served by the Iowa Machine Shed

Following the race.

There will also be post-race

PULL-UP CHALLENGE

Sponsored by: The Weight Room

SPONSORS:

Farm Credit Services of America

Iowa Beef Industry Council

Fitness Sports and R & D Engineering

The Machine Shed

DIRECTIONS:

To race site: West Out of Des Moines on
Interstate 80 to Exit # 110. South on Hwy 169,
4 miles to 120th Street. West on 120th 3.25
miles to Juniper Road. South on Juniper
Road 1 mile to Goldner Woods.

