

RCC RUN THE WOODS
4-MILE XC / TRAIL RACE
Saturday November 6th 2010
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

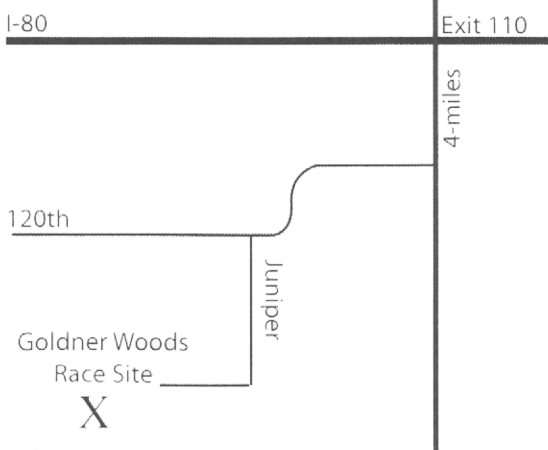
Iowa Beef Industry Council

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.



RCC RUN THE WOODS
4-MILE XC / TRAIL RACE
REGISTRATION FORM

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____

ZIP: _____ PHONE () _____

EMAIL: _____

GENDER M F AGE ON RACE DAY: _____

Waiver:

In consideration of my acceptance of entry. I for myself, my executors, administrators and assignees do hereby release and discharge the directors, race committee, all sponsors and land owners for all claims of damages, demands and actions whatsoever in any manner arising or growing from my participation on the RCC Run the Woods 4 Mile XC / Trail Run.

Signature: _____

Note if under 18, parent or guardian must sign also

Date: _____

Enter one person per form

Feel free to make additional entry forms

Form downloaded at www.FitnessSports.com

Entry Fees:

Adults before November 4th 2010	\$20
Adults after November 5th	\$25
Youth under age 19	\$15

Make Checks Payable and mail entries to:

RCC Run The Woods
General Delivery
Earlham, IA 50072

Or

REGISTER ONLINE NOW!

(no additional cost)

http://www.active.com/event_detail.cfm?event_id=1891579

For More Information contact:

Steve Radakovich: 515-834-2359

Or

Jim Martin: 515-229-9443