

RCC RUN THE WOODS 4-MILE XC / TRAIL RACE

Saturday November 3rd 2012

11:00 am – Earlham, Iowa

Goeldner Woods Park

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

(Your shoes will get wet!)

Beef Stew Served by the Iowa Machine Shed

Following the race.

There will also be post-race

PULL-UP CHALLENGE

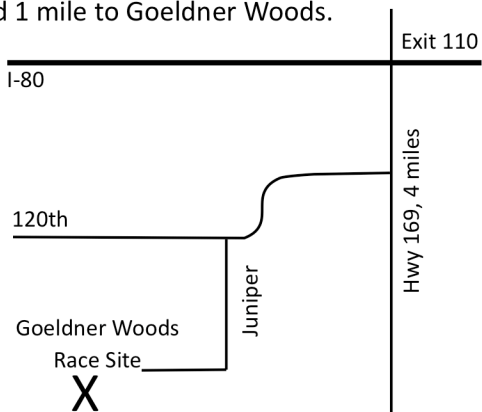
Sponsored by: The Weight Room

SPONSORS:

Farm Credit Services of America
Iowa Beef Industry Council
Fitness Sports and R & D Engineering
The Machine Shed
West Lakes Family Dentistry
Clive Chiropractic, P.C.
Capital Landscaping
Hemphill and Associates
Eye Care Associates, P.C.
Dog Pro Kennels
Moneke Gear

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 Goeldner 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.

Where You Have the Right to R - FIT
FitnessSports
100 University Ave., Steeles Beach, IA 50081

Signature: _____

Note if under 18, parent or guardian must sign also

Date: _____

Enter one person per form

Feel free to make additional entry forms

Bring a Friend

Entry Fees:

Adults \$25

Youth under age 19 \$20

Make Checks Payable and mail entries to:

RCC Run The Wood

General Delivery

Earlham, IA 50072

Or

REGISTER ONLINE NOW!

[http://www.active.com/](http://www.active.com/register/index.cfm?EVENT_ID=2024210)

[register/index.cfm?EVENT_ID=2024210](http://www.active.com/register/index.cfm?EVENT_ID=2024210)

For More Information contact:

Steve Radakovich: 515-834-2359

Or

Jim Martin: 515-229-9443