

YOU'RE INVITED

RCC RUN THE WOODS
& PULL-UP CHALLENGE

Saturday November 5th 2016
11:00 am – Earlham, Iowa
Goeldner Woods Park

RCC Run The Woods
General Delivery
Earlham, IA 50072

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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!)



Added Challenge

Woodman & Woodswoman of the Year selected on race time and pull ups.

Sign up for the pull up challenge at RCC race site day of race and become eligible for Woodsman or Woodswoman of the Year.

30 seconds will be subtracted from your race time for each legitimate pull or chin up. Lowest adjusted time decides Woodsman or Woodswoman of the Year, plus gender / age group placing.

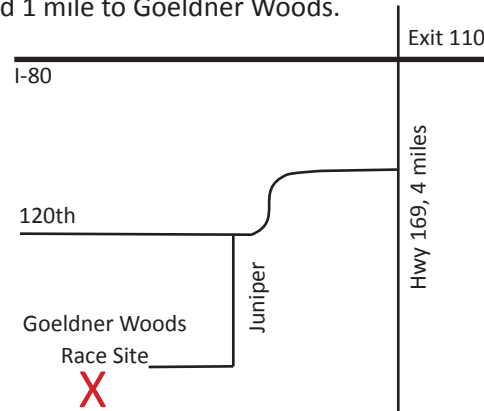
This is an added event RCC Run the woods awards Remain Unchanged.

Timing provided by Open Road Chip Timing.

Beef Stew Served by the Iowa 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 Goeldner Woods.



For More Information contact:

Steve Radakovich: 515-834-2359 or

Jim Martin: 515-229-9443



SPONSORS:

Farm Credit Services of America
Iowa Beef Industry Council
Fitness Sports and R & D Engineering
The Machine Shed
Clive Chiropractic, P.C.
Dog Pro Kennels • Moneke Gear

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:

This WAIVER must be carefully read and signed in consideration of participation in RCC Run the Woods ("the Event"). As used herein, the term "Releasees" is defined to include the following: premises owners, race directors, volunteers, sponsors and their employees, and contractors.

I understand that the Event is an inherently dangerous activity that presents natural and man made obstacles, including, but not limited to: steep hills and/or uneven terrain, barbed wire, pot holes, unpredictable spectators/participants, wild animals, hunters, and water hindrances.

I expressly acknowledge and agree that the activities of the Event involve the risk of serious injury and/or death and/or property damage.

I am fully aware of the risks and hazards inherent in participating in the Event and I voluntarily, knowingly and freely assume all risks associated with participating in the Event and entering the Premises, including, but not limited to, my own actions or inactions actions or inactions of others (including Event attendees, staff or volunteers), falls, injuries, illnesses, infections, contact with others (including Event attendees, staff or volunteers), navigating any and all obstacles, premises defects and the effects of weather.

I release, waive, discharge and covenant not to sue the Releasees from all liability to me, my personal representatives, assigns, heirs and next of kin, for any claims, causes of action, obligations, lawsuits, charges, complaints, controversies, damages, costs or expenses of whatsoever kind, nature, or description, whether direct or indirect, in law or in equity, in contract or in tort, or otherwise, whether known or unknown, arising out of or connected with my participation in the Event or while on the Premises, whether caused by the negligence of the Releasees or otherwise.

I ACKNOWLEDGE THAT I AM SIGNING THIS AGREEMENT FREELY AND VOLUNTARILY AND INTEND MY SIGNATURE TO BE A WAIVER AND COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY DUE TO THE NEGLIGENCE OF RELEASEES OR THE INHERENT RISKS OF PARTICIPATING IN THE EVENT.

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 Woods OR REGISTER ONLINE NOW!

General Delivery <http://getmeregistered.com/>
Earlham, IA 50072 **RCCRuntheWoods**