



news release

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Ames Adventure Race Set For Labor Day Weekend

Event combines paddling, biking, and trail running

AMES, IOWA (July 20, 2009)

The Great Ames Adventure Race will take place on September 6, 2009 at Ada Hayden Heritage Park starting at 7:30 am. The event starts with a 3 mile canoe or kayak race followed by a 15 mile bike race, and a 5K run.

The event includes individual and team categories. Teams may be entered as 2, 3, or 4 person relay teams. There is also a tandem category that allows two participants to canoe together and then compete individually in the bike and run segments.

Registration is \$30 for each participant and includes a tee shirt and the pancake breakfast. The awards ceremony is immediately following the event at the Moose Lodge. Registration information is available at the event's website www.greatamesadventurerace.org.

This is the third year for the event. The past two events had 100 to 150 participants but organizers are hoping for a larger turnout this year. The race highlights Ames' Ada Hayden Heritage Park and has attracted participants from around the state.

The event is organized by The Skunk River Paddlers, The Ames Area Running Club, and The Friends of Central Iowa Biking. Proceeds from the race go to the clubs' community projects. Last year a \$500 donation was made to the Lincoln Way Chapter of the American Red Cross.