

FALL FEST – ADVENTURE RACE

****Brought to you by Webster County Conservation & Fort Dodge Young Professionals****

Where: Fall Fest in Fort Dodge (Central & N 1 St.)—Pre-registration required. Registration Packet Pick-up Friday, Sept. 17th at the Chamber 8:30 a.m – 3:00 p.m. or before 8:00 on race day.

Race Day Sign-In Starts at 7:00 a.m. Race Starts: Saturday, Sept. 18, 2010, at 8:30 a.m. (RAIN OR SHINE**)**

ENTRY FORM

(Please check below)

What is an Adventure Race? The race is an informal triathlon that tests participant's endurance as they bike, kayak, and run. **Race information packet can be found at www.webstercountyia.org**

What is included in the entry fee? All participants will receive a T-Shirt and refreshments following the race.

How long is the course? The course starts at Fall Fest, Downtown Fort Dodge. Participants will bike to Kennedy Park (13 miles), paddle a kayak course on Badger Lake (1 mile), trail run (2.4 miles), and bike to Fall Fest (8.8 miles). Total distance – 25.2 miles

Do I have to run/bike/kayak? No, if you are not comfortable with an event you may enter as a 2 or 3 person team.

What if I don't have a kayak? Kayaks will be available for rent. (\$15) **Limited Supply**

Is there a minimum age? All participants must be 18 or over.



Mail to:

Webster County Conservation
1415 Nelson Avenue, Fort Dodge, Iowa 50501
Fort Dodge, Iowa 50501

Cost: \$25 Individual

\$50 team (2 or 3)

Drop off only after Sept. 10th

\$15 Kayak rental

TOTAL \$ _____

Name: _____ Age: _____ Sex: _____ T-Shirt Size: S M L XL

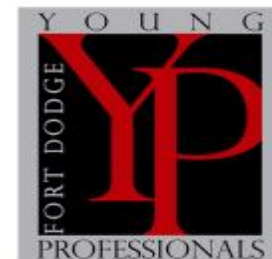
Mailing Address: _____

City: _____ State: _____ Email: _____

Release of Liability I understand that participating in an adventure race is a potentially hazardous activity. I should not enter or participate unless I am medically able and properly trained. I assume all risks associated with participating in this event including but not limited to: falls, contact with other participants, the effects of weather, including high heat and humidity, traffic, water conditions and the condition of the road/trail. I understand that the roads will not be closed in this race and that I will have to watch out for traffic while biking. I further understand that the kayak course will not have a lifeguard on duty and swimming may be necessary in the event of boat capsizing. Having read this waiver and knowing these facts and in consideration for accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Webster County Conservation Board & Staff, Webster County, Fort Dodge Young Professionals, the City of Fort Dodge, Fall Fest and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participating in the event, though that liability may arise out of negligence or carelessness on the part of the persons named in this release of liability. I am over 18.

Name

Date



****Please make checks payable to the Friends of Webster County Conservation****