

DOWN & DIRTY ADVENTURE RUN

THE COURSE

This is a 4(+/-) mile trail run. The course will take you through the woods, across creeks, up hills and through "some" mud. There will be obstacles along the way. It is both competitive and family oriented. You can make it as easy or as hard as you want. This event will be chipped timed by RMS Sports.

LOCATION

J. Fred Corriher Jr. YMCA
950 Kimball Rd. China Grove, NC 28023

ENTRY FEES

By Sept. 17	RACE DAY
Individual: \$25	\$35
4 Person Team: \$100	\$140
2 Person Team: \$50	\$70
JROTC: \$40	\$80

DIVISIONS

Individual: 13-19, 20-29, 30-39, 40-49,
50-59, 69-69, 70+
Four Person Team: Teams must have a team name.
All Male Teams
All Female Teams
Co-ed Teams

Two Person Team: Same as Four person team.
JROTC: 4 person team. Team members must be high school students from the same school and enrolled in the JROTC program. Matching shirts required.

AWARDS

Individual: Overall male and female winners will receive a Overnight Family package to Great Wolf Lodge.
Awards to top male and female in each age group.
Team: Awards will be given to top overall teams: male, female and co-ed for both 4 person and 2 person teams.
JROTC: Winning team will receive a trophy.
Phidippides Sports Center \$50 gift certificate to first local finisher, M/F.

RULES

- The course and all obstacles must be successfully completed in order to qualify for prizes.
- Race officials have final say on all aspect of the race especially SAFETY.
- No interference with other participants as they navigate across obstacles.
- Sorry, no dogs, baby strollers or baby joggers on the course, but all are allowed at the race site.
- No drugs or alcohol allowed at event.
- Race numbers must be on and visible throughout the race.

TEAM INSTRUCTIONS

- Signatures for each team member must be on a form. NO EXCEPTIONS!
- If you substitute a team member, the new team member must complete a registration form and bring it to the race. There is no charge for team member substitutions.
- All team members must start and finish together as a team in order to qualify for prizes.
- Team members may assist each other across all obstacles.
- Teams will observe all rules and safety requirements.

ADDITIONAL INFORMATION

CAMP SITES
Camp sites will be available to participants of the Down and Dirty Adventure Run on a first come, first served bases. Camp sites will be available for both Friday and Saturday night. To rent a camp-site, please call 704.857.2411

YMCA

The J. Fred Corriher Jr. YMCA will be opened Friday, Saturday and Sunday to all participants. Just show your bib number and have full access to the facility.

START TIMES

Individual: 9:00 am
Teams: 10:00 am
Kids: 11:00 am
Awards: 11:45 am

POST RACE ACTIVITIES

Food, music and inflatables for all participants to enjoy. Everyone is also encouraged to stay and fish, hike, camp, use the YMCA or just relax.

SHOWERS

YMCA showers will be available to all participants and campers Friday, Saturday and Sunday.

KEY VALET

Please leave all jewelry, wallet, and any other valuables in your car. You can leave your keys with us while you run. Just drop them off at the tent marked "Key Valet".

SPONSORED BY



This is a charity event. There will be no refunds. No exceptions.

*Overall Winners are not eligible for Age Group Awards
Door Prizes will be drawn from pre-registered runners only.*



THE COURSE

This is a 1/2(+/-) mile run for kids 12 and under. Participants will run around a portion of the sport fields and have to complete several obstacles.

AWARDS

All participants will receive an award after completion.

ENTRY FEES

By Sept. 17	RACE DAY
Fun Run: \$10	\$15

DOWN & DIRTY

ADVENTURE RUN



DOWN AND DIRTY ADVENTURE RUN

Name _____
 DOB _____ Age _____ M/F _____
 Address _____
 City _____
 State _____ Zip _____
 Phone _____
 Email _____

Shirt Size: S M L XL XXL (circle one)

ADVENTURE RUN DIVISIONS

INDIVIDUAL DIVISION TEAM DIVISION

TEAM NAME: _____

TEAMS

2-Person: Male Female Co-ed
 4-Person: Male Female Co-ed
 JROTC (4-person teams only)

All pre-registered participants will receive a t-shirt. Race Day will be first come, first served.

FUN RUN DIVISION

DIRT DOBBER KIDS FUN RUN (ages 5-12 only)

Childs Shirt Size: YS YM AS (circle one)

All participants will receive a medal and a t-shirt.

For more information please visit us on [facebook](#)

Contact:
 Aaron Crowe
 acrowe@rowanymca.com
 704-857-7011

REGISTRATION

ONLINE: www.active.com
 RACE DAY: 6:30 am to 8:00 am
 Pack Pick Up: Sept. 23-4:00 pm to 8:00 pm at the YMCA
 MAIL: Please make entry fee payable to:

Down & Dirty Adventure Run
 Town of Landis
 P.O. Box 8165
 Landis, NC 28088

Please note! Applications without the correct entry fee or without a signed waiver will be returned! Each team member must sign their own registration form.

ENTRY FEES

Before Sept. 17
 Individual \$25 Fun Run \$10
 2 Person Team \$50 4 Person Team \$100
 JROTC \$40
 Sept. 18 - 24
 Individual \$35 Fun Run \$15
 2 Person Team \$70 4 Person Team \$140
 JROTC \$80
 \$ _____ Entry Fee(s)
 \$ _____ Tax Deductible Donation to INVEST IN YOUTH
 \$ _____ Total Amount Enclosed

WAIVER

In consideration of my or my child's participation in the aforementioned Town of Landis event I hereby discharge and release the Town of Landis, the Rowan County YMCA, any and all employees or agents thereof of all claims of any kind whatsoever arising out of the actions of the above said participants or agents, to the extent allowed by law. I have informed the Town of Landis staff of any physical conditions that may hinder my or my child's participation in said event.

SIGNATURE: _____
 (Parent/Guardian must sign if under 18)

DATE: _____

Lake Corriher



September 24, 2011

